



Butternut Squash and Radicchio Pappardelle

READY IN



30 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound butternut squash peeled cut into 1/2-inch cubes (2 1/2 cups)
- ☐ 2 tablespoon olive oil
- ☐ 8 ounces pappardelle (preferably egg pasta)
- ☐ 0.3 cup pinenuts
- ☐ 0.8 pound radicchio thinly cored thinly sliced
- ☐ 1 ounce pecorino grated
- ☐ 0.5 stick butter unsalted

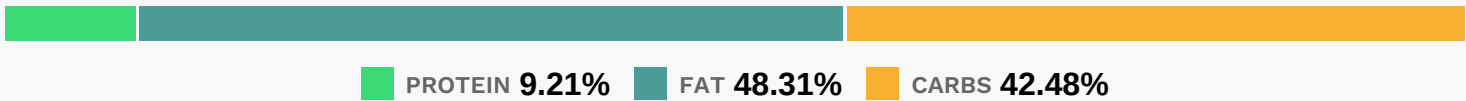
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Melt butter in a 12-inch heavy skillet over medium heat, then continue to cook until it is golden brown, about 2 minutes.
- ☐ Add oil, then nuts, and cook, stirring, until nuts are golden, 1 to 2 minutes.
- ☐ Transfer with a slotted spoon to a plate.
- ☐ Add squash to skillet and cook over medium heat, stirring occasionally, until golden and just tender, 6 to 8 minutes.
- ☐ Add radicchio and 1/2 teaspoon each of salt and pepper and cook, stirring, until wilted and just tender, about 3 minutes.
- ☐ Meanwhile, cook pappardelle in a pasta pot of boiling salted water (2 tablespoon salt for 6 quarts water) until al dente. Reserve 1 cup cooking water, then drain pasta.
- ☐ Add pasta to radicchio mixture with 1/2 cup cooking water and toss over low heat until heated through, 1 to 2 minutes.
- ☐ Add more cooking water to moisten if necessary.
- ☐ Serve topped with nuts and cheese.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:31.513913144236%

Flavonoids

Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 32.31mg, Luteolin: 32.31mg, Luteolin: 32.31mg, Luteolin: 32.31mg Quercetin: 26.8mg, Quercetin: 26.8mg, Quercetin: 26.8mg, Quercetin: 26.8mg

Nutrients (% of daily need)

Calories: 539.52kcal (26.98%), Fat: 29.92g (46.02%), Saturated Fat: 10.1g (63.15%), Carbohydrates: 59.17g (19.72%), Net Carbohydrates: 53.85g (19.58%), Sugar: 4.5g (5%), Cholesterol: 81.61mg (27.2%), Sodium: 43.03mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.68%), Vitamin A: 12500.12IU (250%), Vitamin K: 229.75µg (218.81%), Manganese: 1.82mg (91.12%), Selenium: 47.26µg (67.51%), Vitamin E: 6.16mg (41.05%), Vitamin C: 30.71mg (37.22%), Copper: 0.69mg (34.62%), Phosphorus: 287.36mg (28.74%), Magnesium: 111.8mg (27.95%), Folate: 103.19µg (25.8%), Potassium: 872.42mg (24.93%), Fiber: 5.32g (21.28%), Vitamin B6: 0.36mg (17.98%), Vitamin B1: 0.27mg (17.73%), Zinc: 2.61mg (17.38%), Iron: 3.05mg (16.93%), Vitamin B3: 3.28mg (16.38%), Vitamin B5: 1.27mg (12.65%), Calcium: 110.37mg (11.04%), Vitamin B2: 0.14mg (8.33%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.4µg (2.64%)