



Butternut Squash Mac and Cheese

🤍 Popular

READY IN



20 min.

SERVINGS



5

CALORIES



872 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 servings bell pepper black
- 2 tablespoons butter
- 10 ounce butter nut squash frozen cooked
- 2 cups chicken stock see
- 1 cup cup heavy whipping cream
- 3 tablespoons flour all-purpose
- 2 tablespoons thyme leaves fresh chopped for garnish
- 0.3 teaspoon ground nutmeg

- 1 pound macaroni such as tubatini or mini penne rigate with lines,
- 1 tablespoon olive oil extra-virgin
- 0.5 medium onion
- 0.5 cup parmigiano-reggiano grated
- 5 servings salt
- 8 ounces sharp cheddar grated

Equipment

- whisk
- pot
- grater
- microplane

Directions

- Watch how to make this recipe.
- Heat a pot of water to boil for the pasta. Salt the water then add the pasta and cook to al dente or, with a bite to it.
- While pasta cooks, heat a medium heavy bottomed pot over medium heat.
- Add the extra-virgin olive oil and butter. When the butter melts into the oil, add the thyme and grate the onion directly into the pot with a hand held grater or Microplane. Cook the grated onion in butter and oil 1 to 2 minutes, then add flour and cook together 1 to 2 more minutes.
- Whisk in stock, then combine with butternut squash until warmed through and smooth. Stir in cream or half-and-half and bring sauce to a bubble. Stir in cheeses in a figure 8 motion and season the completed sauce with salt, nutmeg and pepper. Taste to adjust seasonings.
- Drain cooked pasta well and combine with sauce.
- Serve alongside chicken sammies and top with thyme leaves picked from remaining sprigs (Boo would also have a little extra sprinkle of that cheese, please!)

Nutrition Facts



■ PROTEIN 14.23% ■ FAT 46.55% ■ CARBS 39.22%

Properties

Glycemic Index:79, Glycemic Load:30.49, Inflammation Score:-10, Nutrition Score:28.389565364174%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 872.03kcal (43.6%), Fat: 45.25g (69.62%), Saturated Fat: 25.19g (157.41%), Carbohydrates: 85.8g (28.6%), Net Carbohydrates: 81.02g (29.46%), Sugar: 7.32g (8.13%), Cholesterol: 120.87mg (40.29%), Sodium: 845.36mg (36.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.23%), Vitamin A: 7536.15IU (150.72%), Selenium: 77.89µg (111.27%), Calcium: 536.32mg (53.63%), Phosphorus: 533.57mg (53.36%), Manganese: 1.06mg (53.13%), Vitamin B2: 0.51mg (30.04%), Magnesium: 98.22mg (24.55%), Zinc: 3.66mg (24.42%), Vitamin C: 17.68mg (21.44%), Vitamin B3: 4.15mg (20.77%), Copper: 0.41mg (20.35%), Fiber: 4.78g (19.13%), Potassium: 633.05mg (18.09%), Vitamin B6: 0.36mg (17.86%), Vitamin B1: 0.24mg (16.07%), Vitamin E: 2.28mg (15.23%), Iron: 2.73mg (15.18%), Folate: 60.41µg (15.1%), Vitamin B12: 0.69µg (11.44%), Vitamin B5: 1.02mg (10.24%), Vitamin D: 1.08µg (7.23%), Vitamin K: 5.99µg (5.7%)