



## Butternut Squash Pasta Bake

READY IN



50 min.

SERVINGS



6

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz penne pasta uncooked
- 24 oz butternut squash frozen
- 1 cup milk
- 1 cup chicken broth (from 32-oz carton)
- 8 oz pizza cheese shredded italian
- 0.3 cup butter cut into pieces
- 0.3 cup pinenuts toasted
- 2 tablespoons sage fresh chopped
- 0.5 teaspoon salt

- 0.3 teaspoon pepper freshly ground
- 1 serving sage fresh chopped


## Equipment

- baking sheet
- sauce pan
- oven
- baking pan
- microwave
- dutch oven
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In Dutch oven, cook pasta as directed on package, using minimum cook time; drain and return to Dutch oven.
- Meanwhile, cook squash in microwave as directed on package. In 3-quart saucepan, mix cooked squash, milk, broth, 1 cup of the cheese and the butter. Cook over medium heat 4 to 5 minutes, stirring occasionally, until butter and cheese are melted.
- Remove from heat; stir in pine nuts, 2 tablespoons sage, the salt and pepper.
- Stir squash mixture into pasta. Spoon into baking dish; sprinkle with remaining 1 cup cheese.
- Place baking dish on cookie sheet.
- Bake uncovered 20 to 25 minutes or until lightly browned and cheese is melted.
- Garnish with additional sage.

## Nutrition Facts

 **PROTEIN 15.5%**  **FAT 43.28%**  **CARBS 41.22%**

## Properties

Glycemic Index:18.67, Glycemic Load:13.5, Inflammation Score:-10, Nutrition Score:23.742608910022%

## Nutrients (% of daily need)

Calories: 465.87kcal (23.29%), Fat: 23.15g (35.62%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 49.62g (16.54%), Net Carbohydrates: 45.62g (16.59%), Sugar: 5.96g (6.62%), Cholesterol: 13.22mg (4.41%), Sodium: 522.88mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Copper: 6.37mg (318.47%), Vitamin A: 12461.29IU (249.23%), Manganese: 1.34mg (67.23%), Selenium: 28.42µg (40.59%), Vitamin C: 23.88mg (28.94%), Magnesium: 84.33mg (21.08%), Calcium: 207.93mg (20.79%), Phosphorus: 195.82mg (19.58%), Potassium: 609.3mg (17.41%), Vitamin E: 2.53mg (16.9%), Fiber: 4g (16.01%), Vitamin B1: 0.21mg (14.01%), Vitamin B6: 0.27mg (13.31%), Vitamin B3: 2.46mg (12.31%), Iron: 1.92mg (10.66%), Folate: 40.29µg (10.07%), Zinc: 1.37mg (9.1%), Vitamin B2: 0.15mg (8.61%), Vitamin B5: 0.82mg (8.19%), Vitamin K: 4.58µg (4.36%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.45µg (2.98%)