



Butternut Squash Stuffed Shells

READY IN



70 min.

SERVINGS



8

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons brown sugar
- 0.3 cup butter
- 2 butternut squash seeded quartered
- 3.5 cups cup heavy whipping cream
- 3 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 3 cloves garlic
- 2 tablespoons goat cheese

- 16 ounce shells
- 1 tablespoon olive oil
- 1 onion red sliced thin
- 8 servings salt to taste
- 10 ounce pkt spinach

Equipment

- food processor
- frying pan
- oven
- whisk
- pot
- baking pan
- slotted spoon
- colander

Directions

- Fill a large pot with water and bring to a boil over high heat. Boil squash until very tender, 8-10 minutes. Lift squash out of water with a slotted spoon; cool slightly and peel.
- Combine cooked squash, garlic, 1/2 cup cream, 2 tablespoons butter, and 1 teaspoon rosemary in a food processor; process until squash is smooth. Salt to taste.
- Bring the water back to a boil, adding more if necessary. Stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still very firm to the bite, about 10 minutes.
- Drain well in a colander set in the sink.
- Preheat an oven to 375 degrees F (190 degrees C).
- Heat olive oil in a large skillet. Stir in red onion and brown sugar. Cook and stir over low heat, until onion is very soft and sweet, about 15 minutes.
- Remove from skillet; reserve. Melt 1/4 cup butter in the same skillet.
- Sprinkle flour into butter and stir until incorporated.

- Pour in 3 1/2 cups cream; whisk in goat cheese and remaining 1 teaspoon rosemary. Cook until sauce is thick, 4-6 minutes. Stir in the reserved onions.
- Spray a 9 x 13-inch baking pan with cooking spray. Scatter spinach over bottom of dish. Stuff pasta shells evenly with butternut squash mixture and place atop spinach.
- Bake shells in preheated oven until hot, about 10 minutes. Top with sauce, and sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:19.13, Inflammation Score:-10, Nutrition Score:33.076087112012%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 761.49kcal (38.07%), Fat: 47.06g (72.41%), Saturated Fat: 28.58g (178.61%), Carbohydrates: 75.28g (25.09%), Net Carbohydrates: 68.59g (24.94%), Sugar: 12.38g (13.76%), Cholesterol: 134.52mg (44.84%), Sodium: 321.25mg (13.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Vitamin A: 25041.09IU (500.82%), Vitamin K: 186.51µg (177.63%), Manganese: 1.28mg (64.01%), Vitamin C: 51.99mg (63.02%), Selenium: 41.64µg (59.48%), Folate: 142.97µg (35.74%), Magnesium: 132.6mg (33.15%), Vitamin E: 4.87mg (32.48%), Potassium: 1120.2mg (32.01%), Fiber: 6.7g (26.78%), Phosphorus: 266.62mg (26.66%), Vitamin B6: 0.52mg (25.86%), Calcium: 221.29mg (22.13%), Vitamin B2: 0.37mg (21.72%), Vitamin B1: 0.32mg (21.39%), Copper: 0.4mg (19.86%), Iron: 3.43mg (19.03%), Vitamin B3: 3.76mg (18.77%), Vitamin B5: 1.36mg (13.57%), Vitamin D: 1.68µg (11.2%), Zinc: 1.62mg (10.8%), Vitamin B12: 0.19µg (3.09%)