



Cheesy Butternut Squash Pasta Sauce

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



158 kcal

SAUCE

Ingredients

- ☐ 0.3 apples peeled chopped
- ☐ 1 tablespoon butter
- ☐ 2.5 cups butternut squash peeled cut into 1/2-inch cubes
- ☐ 1 cup chicken broth
- ☐ 3 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup cheese blend italian (Parmesan, Asiago, and Romano)
- ☐ 0.3 cup milk

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped

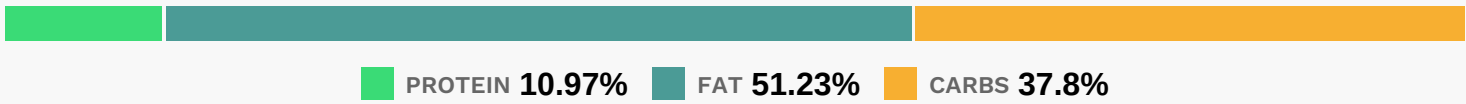
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the squash into a saucepan, cover with water, and bring to a boil. Simmer the squash until very tender, 15 to 20 minutes.
- ☐ Drain excess water. Cooked squash should equal 2 cups.
- ☐ Heat olive oil and butter in a skillet over medium-low heat, and cook the onion, garlic, and apple, stirring frequently, until softened and brown, about 15 minutes.
- ☐ Add butternut squash and chicken broth, and bring to a boil over medium heat. Reduce heat just to a simmer, and stir in the milk and cheese blend. Stir until the cheese has melted and the sauce has reached desired thickness, 5 to 10 minutes. Season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:11.269565188366%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 157.92kcal (7.9%), Fat: 9.59g (14.75%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 13.5g (4.91%), Sugar: 5.32g (5.92%), Cholesterol: 13.01mg (4.34%), Sodium: 270.58mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin A: 9432.04IU (188.64%), Vitamin C: 20.76mg (25.17%), Manganese: 0.28mg (13.87%), Vitamin E: 1.91mg (12.74%), Potassium: 396mg (11.31%), Vitamin B6: 0.2mg (9.88%), Calcium: 97.39mg (9.74%), Fiber: 2.41g (9.65%), Magnesium: 35.67mg (8.92%), Vitamin B1: 0.12mg (8.31%), Folate: 26.8µg (6.7%), Vitamin B3: 1.25mg (6.24%), Phosphorus: 61.74mg (6.17%), Vitamin B2: 0.09mg (5.39%), Vitamin B5: 0.48mg (4.75%), Copper: 0.09mg (4.47%), Iron: 0.77mg (4.27%), Vitamin K: 3.96µg (3.78%), Vitamin B12: 0.13µg (2.13%), Selenium: 1.48µg (2.12%), Zinc: 0.31mg (2.1%), Vitamin D: 0.22µg (1.49%)