



Classy Pumpkin Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon chili powder
- 4 tablespoons lite cream sour
- 10 ounces fettuccini noodles dry
- 1 pound pumpkin grated peeled seeded
- 2.5 tablespoons tomato paste
- 1 tablespoon vegetable oil

Equipment

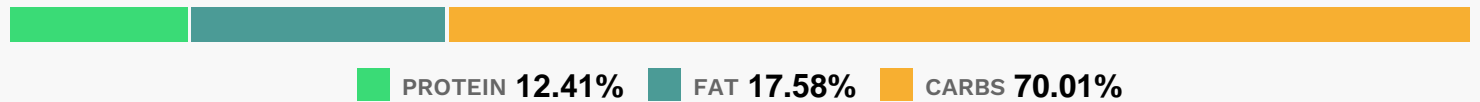
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- In a large skillet over medium heat, warm oil and cook pumpkin for about 10 minutes or until it begins to break apart.
- Add tomato paste, sour cream and chili powder to taste; mix well. The mixture should be mushy and an even golden-orange color.
- Scoop spoonfuls of the pumpkin mixture over the pasta; mix well to coat and serve.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:26.84, Inflammation Score:-10, Nutrition Score:18.247391489537%

Flavonoids

Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg

Nutrients (% of daily need)

Calories: 355.85kcal (17.79%), Fat: 7.03g (10.82%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 62.99g (21%), Net Carbohydrates: 59.57g (21.66%), Sugar: 6.69g (7.43%), Cholesterol: 7.08mg (2.36%), Sodium: 96.31mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin A: 10029.09IU (200.58%), Selenium: 46.21µg (66.01%), Manganese: 0.83mg (41.58%), Phosphorus: 202.77mg (20.28%), Copper: 0.39mg (19.63%), Potassium: 669.75mg (19.14%), Vitamin C: 12.51mg (15.16%), Vitamin E: 2.22mg (14.83%), Magnesium: 57.32mg (14.33%), Fiber: 3.42g (13.68%), Iron: 2.22mg (12.35%), Vitamin B2: 0.21mg (12.2%), Vitamin B3: 2.26mg (11.31%), Vitamin B6: 0.21mg (10.34%), Zinc: 1.49mg (9.91%), Vitamin K: 9.42µg (8.97%), Vitamin B1: 0.13mg (8.68%), Folate: 32.96µg (8.24%), Vitamin B5: 0.7mg (7.02%), Calcium: 56.07mg (5.61%)