



WHATSheATE



Creamy Butternut, Blue Cheese, and Walnut Cavatappi

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 4 cups butternut squash cubed peeled () (1 1/3 pounds)
- ☐ 8 ounces pasta uncooked
- ☐ 2 large egg yolk
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 cup milk 2% divided reduced-fat
- ☐ 2.5 teaspoons olive oil divided
- ☐ 1 cup onion
- ☐ 3 tablespoons walnut pieces toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ Combine squash, 1 1/2 teaspoons oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 24 minutes or until tender, stirring once.
- ☐ Cook the pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta; keep warm.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 3 minutes. Reduce heat to medium-low. Stir in 1/2 cup milk, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- ☐ Combine remaining 1/2 cup milk, flour, and yolks in a small bowl, stirring with a whisk. Slowly add egg mixture to pan, stirring constantly with a whisk. Cook 5 minutes or until thickened, stirring frequently with a whisk.
- ☐ Combine squash, pasta, and milk mixture in a large bowl; toss gently to coat.
- ☐ Sprinkle with cheese and nuts.

Nutrition Facts



 **PROTEIN 14.18%**  **FAT 30.5%**  **CARBS 55.32%**

Properties

Glycemic Index:42.17, Glycemic Load:12.37, Inflammation Score:-10, Nutrition Score:18.989130445149%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 321.58kcal (16.08%), Fat: 11.14g (17.14%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 41.52g (15.1%), Sugar: 6.42g (7.13%), Cholesterol: 72.78mg (24.26%), Sodium: 351.84mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin A: 10131.57IU (202.63%), Selenium: 30.83µg (44.05%), Manganese: 0.8mg (39.81%), Vitamin C: 22.13mg (26.83%), Phosphorus: 231.76mg (23.18%), Calcium: 181.02mg (18.1%), Magnesium: 70.23mg (17.56%), Potassium: 571.83mg (16.34%), Vitamin B6: 0.33mg (16.34%), Fiber: 3.94g (15.77%), Folate: 56.94µg (14.23%), Copper: 0.28mg (14.22%), Vitamin B1: 0.19mg (12.71%), Vitamin E: 1.86mg (12.37%), Vitamin B2: 0.21mg (12.07%), Vitamin B5: 1.11mg (11.13%), Vitamin B3: 2.03mg (10.16%), Zinc: 1.51mg (10.08%), Iron: 1.61mg (8.94%), Vitamin B12: 0.46µg (7.6%), Vitamin K: 2.99µg (2.85%), Vitamin D: 0.36µg (2.41%)