



Dinner Tonight: Farfalle with Summer Squash

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pound farfalle pasta
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 sprig rosemary leaves fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt and pepper to taste
- ☐ 2 summer squash cut into large matchsticks (or zucchini)

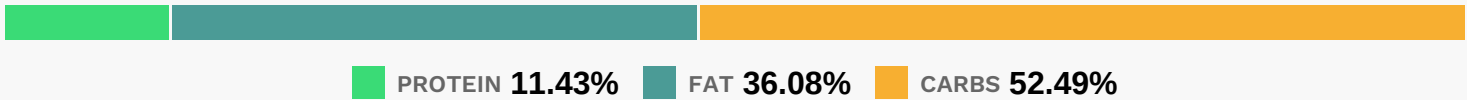
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salty water to boil and cook the pasta until al dente. Reserve 1/2 cup of pasta cooking water before draining.
- ☐ Meanwhile, in a large skillet, melt the butter over medium heat until the foam subsides.
- ☐ Add the summer squash and cook until crisp-tender, then add the garlic, rosemary, and a pinch of salt and pepper. Increase the heat and cook until the flavors come together, but before the squash is too soft.
- ☐ Add the drained pasta to the skillet (or add the squash mixture to the drained pasta if it won't fit) and toss well.
- ☐ Add some pasta cooking water if necessary to create a glossy sauce over low heat.
- ☐ Add the parsley and most of the Parmesan and season to taste with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:34.91, Inflammation Score:-8, Nutrition Score:20.765217367722%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 674.37kcal (33.72%), Fat: 27.07g (41.65%), Saturated Fat: 16.31g (101.96%), Carbohydrates: 88.62g (29.54%), Net Carbohydrates: 83.83g (30.48%), Sugar: 5.29g (5.88%), Cholesterol: 66.67mg (22.22%), Sodium:

519.76mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Selenium: 74.13µg (105.9%), Manganese: 1.23mg (61.48%), Vitamin K: 37.99µg (36.18%), Phosphorus: 318.53mg (31.85%), Vitamin C: 19.56mg (23.71%), Vitamin A: 1139.45IU (22.79%), Magnesium: 82.21mg (20.55%), Vitamin B6: 0.39mg (19.71%), Copper: 0.39mg (19.29%), Fiber: 4.79g (19.17%), Potassium: 538.41mg (15.38%), Calcium: 148.31mg (14.83%), Vitamin B2: 0.25mg (14.55%), Zinc: 2.17mg (14.46%), Folate: 53.36µg (13.34%), Vitamin B3: 2.47mg (12.36%), Iron: 2.03mg (11.28%), Vitamin B1: 0.16mg (10.47%), Vitamin B5: 0.72mg (7.22%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.15µg (2.47%)