



Farfalle with Zucchini, Butternut Squash and Pecorino Cheese

 Very Healthy

READY IN



30 min.

SERVINGS



7

CALORIES



387 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7 servings bell pepper black to taste
- ☐ 1 large butternut squash diced
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 box barilla plus farfalle
- ☐ 1 clove garlic chopped
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.3 cup pecorino cheese grated

- ☐ 7 servings salt to taste
- ☐ 2 zucchini sliced into half moons

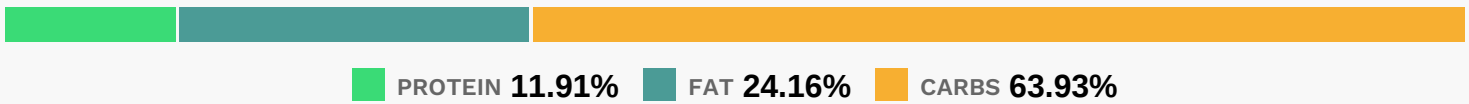
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ In a large skillet, saute garlic and oregano in olive oil for 1–2 minutes.
- ☐ Add butternut squash and saute for 8–10 minutes.
- ☐ Add zucchini and saute for 2 minutes. Season with salt and pepper.
- ☐ Cook pasta 1 minute under required cooking time and reserve 1 cup of the cooking liquid.
- ☐ Add 1 cup of cooking liquid to the sauce and bring to a simmer.
- ☐ Add cooked pasta to the sauce and cook for 1 minute. The sauce should become creamy.
- ☐ Remove from heat and toss with cheese.

Nutrition Facts



Properties

Glycemic Index:21.57, Glycemic Load:19.58, Inflammation Score:-10, Nutrition Score:20.914782597967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 387.03kcal (19.35%), Fat: 10.56g (16.24%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 57.93g (21.06%), Sugar: 5.52g (6.14%), Cholesterol: 4.95mg (1.65%), Sodium: 263.88mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.42%), Vitamin A: 11526.49IU (230.53%), Selenium: 42.05µg (60.07%), Manganese: 0.94mg (47.03%), Vitamin C: 32.66mg (39.59%), Phosphorus: 215.56mg

(21.56%), Magnesium: 83.59mg (20.9%), Fiber: 4.92g (19.66%), Potassium: 677.52mg (19.36%), Vitamin E: 2.9mg (19.32%), Vitamin B6: 0.36mg (18.01%), Copper: 0.3mg (14.93%), Folate: 54.98µg (13.75%), Vitamin B3: 2.65mg (13.26%), Calcium: 130.54mg (13.05%), Vitamin B1: 0.19mg (12.9%), Iron: 2mg (11.1%), Vitamin K: 10.52µg (10.02%), Zinc: 1.38mg (9.22%), Vitamin B5: 0.85mg (8.47%), Vitamin B2: 0.13mg (7.79%)