



Fettuccine with Pumpkin Sauce

READY IN



22 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices applewood-smoked bacon chopped
- 0.3 teaspoon pepper black freshly ground
- 8 ounces fettuccine barilla uncooked
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 tablespoons sage fresh divided finely chopped
- 2 garlic cloves minced
- 2 tablespoons heavy cream
- 0.5 cup parmesan cheese grated
- 0.8 cup pumpkin puree unsalted canned

0.4 teaspoon salt

Equipment

bowl

frying pan

colander

Directions

Cook pasta according to package directions, omitting salt and fat.

Drain in a colander over a bowl, reserving 3/4 cup cooking liquid.

Heat a large skillet over medium heat.

Add bacon; cook 4 minutes or until almost crisp, stirring occasionally.

Add 1 tablespoon sage and garlic, and cook 1 minute, stirring constantly. Stir in pumpkin puree, Parmesan cheese, salt, and pepper.

Add pasta, reserved 3/4 cup cooking liquid, and heavy cream; toss to coat. Cook 2 minutes or until thoroughly heated.

Sprinkle with remaining 1 tablespoon sage and parsley.

Nutrition Facts



PROTEIN 16.46% **FAT 32.63%** **CARBS 50.91%**

Properties

Glycemic Index:41.25, Glycemic Load:17.24, Inflammation Score:-10, Nutrition Score:23.522608788117%

Flavonoids

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: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 361.34kcal (18.07%), Fat: 13.13g (20.2%), Saturated Fat: 6.06g (37.91%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 42.55g (15.47%), Sugar: 2.93g (3.26%), Cholesterol: 71.86mg (23.95%), Sodium: 508.86mg (22.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Copper: 9.33mg (466.51%), Vitamin A: 7565.65IU (151.31%), Selenium: 50.33µg (71.9%), Manganese: 0.9mg (45.02%), Vitamin K: 41.12µg (39.16%), Phosphorus: 264.42mg (26.44%), Calcium: 211.12mg (21.11%), Magnesium: 57.49mg (14.37%), Fiber: 3.55g (14.19%), Iron: 2.37mg (13.17%), Zinc: 1.76mg (11.7%), Vitamin B6: 0.21mg (10.61%), Vitamin B1: 0.16mg (10.53%), Vitamin B3: 1.88mg (9.39%), Potassium: 304.97mg (8.71%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.86mg (8.56%), Folate: 26.24µg (6.56%), Vitamin B12: 0.38µg (6.36%), Vitamin C: 5.1mg (6.18%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.4µg (2.64%)