



## Fiorentini with Butternut Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

### Ingredients

- 5 cups butternut squash (shredded with the coarse grating attachment on a food processor or on a box grater) peeled
- 0.3 cup sage (fresh thinly sliced)
- 6 servings kosher salt
- 2 tablespoons olive oil
- 2 tablespoons butter (unsalted)

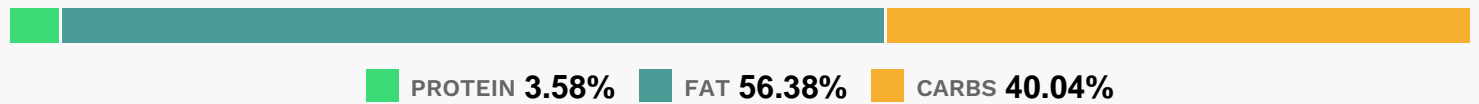
### Equipment

- pot

## Directions

- Heat oil and butter in a large heavy pot overmedium heat.
- Add squash and sage and cook, stirring occasionally, until squash begins to brown, about 2 minutes.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- Drain pasta, reserving 2 cups pasta cooking liquid.
- Add pasta and 1/2 cup pasta cooking liquid to squash and stir to coat. Cook overmedium heat, stirring, adding more cooking liquid as needed, until sauce coats pasta. Stir in 1/2 cup Parmesan. Divide pasta among bowls; top with more Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:14.715217309154%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 128kcal (6.4%), Fat: 8.6g (13.22%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.36g (4.13%), Sugar: 2.57g (2.85%), Cholesterol: 10.03mg (3.34%), Sodium: 199.09mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin A: 12518.29IU (250.37%), Copper: 1.72mg (86.24%), Vitamin C: 24.5mg (29.7%), Vitamin E: 2.46mg (16.4%), Manganese: 0.29mg (14.51%), Potassium: 414.18mg (11.83%), Magnesium: 40.69mg (10.17%), Fiber: 2.37g (9.49%), Vitamin B6: 0.18mg (8.99%), Folate: 31.64µg (7.91%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.4mg (7.01%), Calcium: 60.83mg (6.08%), Iron: 0.91mg (5.03%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 4.42µg (4.21%), Phosphorus: 39.82mg (3.98%), Vitamin B2: 0.03mg (1.51%), Zinc: 0.19mg (1.27%)