



WHATSheATE



Fiorentini with Butternut Squash



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 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
- ☐ 0.5 cup grana padano cheese finely grated plus more
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons butter unsalted
- ☐ 1 pound frangelico
- ☐ 1 pound frangelico

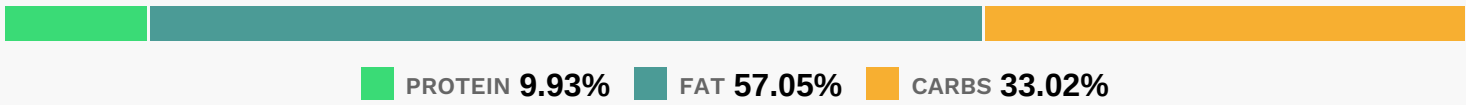
Equipment

☐ pot

Directions

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

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:15.873912997868%

Flavonoids

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

Nutrients (% of daily need)

Calories: 160.67kcal (8.03%), Fat: 10.75g (16.54%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.63g (4.23%), Sugar: 2.64g (2.93%), Cholesterol: 15.7mg (5.23%), Sodium: 332.59mg (14.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin A: 12583.37IU (251.67%), Copper: 1.73mg (86.38%), Vitamin C: 24.5mg (29.7%), Vitamin E: 2.48mg (16.52%), Calcium: 159.5mg (15.95%), Manganese: 0.29mg (14.59%), Potassium: 421.85mg (12.05%), Magnesium: 44.35mg (11.09%), Phosphorus: 97.65mg (9.77%), Fiber: 2.37g (9.49%), Vitamin B6: 0.19mg (9.37%), Vitamin B1: 0.12mg (8.12%), Folate: 32.22µg (8.06%), Vitamin B3: 1.42mg (7.12%), Iron: 0.97mg (5.41%), Vitamin B5: 0.51mg (5.1%), Vitamin K: 4.56µg (4.34%), Selenium: 2.51µg (3.58%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.42mg (2.79%), Vitamin B12: 0.11µg (1.8%)