



Fontina Mac with Squash and Sage

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups milk
- ☐ 2 tablespoons butter divided
- ☐ 1.5 pounds butternut squash peeled seeded cut into 1/2-inch pieces
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups fontina shredded
- ☐ 2 cloves garlic chopped
- ☐ 6 tablespoons parmesan shredded
- ☐ 12 sage fresh whole finely chopped

- ☐ 0.5 tsp salt
- ☐ 8 ounces shells
- ☐ 1.3 cups swiss cheese shredded reduced-fat

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oven to 375°. On a parchment paper-lined baking sheet, shape Parmesan into 82-inch rounds.
- ☐ Bake until golden, 10 minutes; remove from sheet to cool. Cook pasta as directed on package; set aside. In a medium skillet over medium heat, melt 2 teaspoons butter. Cook whole sage leaves until crisp, 45 seconds.
- ☐ Transfer to a paper towel-lined plate, reserving butter. In the same skillet over medium heat, melt remaining 2 tablespoons butter.
- ☐ Add flour and cook, whisking constantly, until light brown, 1 minute. Slowly whisk in milk and cook, 5 minutes.
- ☐ Add squash, garlic, reserved butter and salt. Cover; simmer until squash is very soft, 25 minutes. In a food processor, puree squash mixture. In a pot over medium-low heat, heat squash puree, Fontina, Swiss, chopped sage and cayenne; stir until cheese melts. Stir in pasta.
- ☐ Serve with Parmesan crisps and sage leaves.
- ☐ Self

Nutrition Facts



 **PROTEIN 23.13%**  **FAT 37.51%**  **CARBS 39.36%**

Properties

Glycemic Index:35.38, Glycemic Load:9.79, Inflammation Score:-10, Nutrition Score:21.305651986081%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 390.12kcal (19.51%), Fat: 16.38g (25.2%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.98g (13.08%), Sugar: 7.82g (8.69%), Cholesterol: 59.08mg (19.69%), Sodium: 567.55mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.44%), Vitamin A: 9685.6IU (193.71%), Calcium: 560.23mg (56.02%), Phosphorus: 426.12mg (42.61%), Selenium: 28.9µg (41.28%), Vitamin B12: 1.45µg (24.13%), Manganese: 0.47mg (23.64%), Vitamin C: 18.14mg (21.99%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.31mg (18.5%), Copper: 0.35mg (17.41%), Magnesium: 68.18mg (17.05%), Potassium: 555.26mg (15.86%), Vitamin B6: 0.28mg (14.06%), Vitamin B1: 0.19mg (12.65%), Fiber: 2.7g (10.78%), Vitamin E: 1.49mg (9.9%), Vitamin B5: 0.96mg (9.57%), Folate: 36.78µg (9.2%), Vitamin B3: 1.8mg (9.01%), Vitamin D: 1.21µg (8.05%), Iron: 1.21mg (6.75%), Vitamin K: 2.38µg (2.26%)