



Frugal Pumpkin Pasta

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 cups chicken stock see
- ☐ 0.5 cup half-and-half fat free
- ☐ 3 cloves garlic minced
- ☐ 8 ounce goat cheese crumbled
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 4 servings salt and ground pepper black to taste

- ☐ 2 tablespoons olive oil
- ☐ 1 dash pepper sauce hot
- ☐ 0.5 onion red chopped
- ☐ 16 ounce pasta like spaghetti

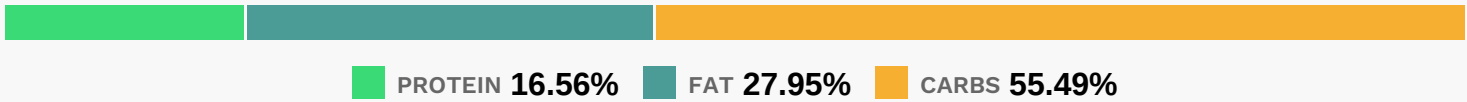
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the chicken stock, pumpkin puree, and half-and-half. Season with hot pepper sauce, cinnamon, nutmeg, salt, and pepper. Reduce heat to medium-low and simmer until sauce has thickened, about 4 minutes. Toss goat cheese into pumpkin sauce and heat through.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:34.6, Inflammation Score:-10, Nutrition Score:29.146521910377%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 739.57kcal (36.98%), Fat: 22.93g (35.28%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 102.42g (34.14%), Net Carbohydrates: 95.33g (34.66%), Sugar: 11.09g (12.32%), Cholesterol: 31.16mg (10.39%), Sodium: 423.67mg (18.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Vitamin A: 17148.59IU (342.97%), Selenium: 77.57µg (110.82%), Manganese: 1.34mg (66.98%), Phosphorus: 481.78mg (48.18%), Copper: 0.94mg (47.11%), Vitamin B2: 0.52mg (30.55%), Fiber: 7.1g (28.39%), Magnesium: 105.74mg (26.44%), Vitamin B6: 0.5mg (24.95%), Iron: 4.41mg (24.49%), Vitamin B3: 4.53mg (22.66%), Vitamin K: 22.93µg (21.84%), Potassium: 705.01mg (20.14%), Zinc: 2.77mg (18.43%), Calcium: 171.46mg (17.15%), Vitamin E: 2.42mg (16.11%), Vitamin B1: 0.24mg (15.84%), Vitamin B5: 1.47mg (14.67%), Folate: 50.04µg (12.51%), Vitamin C: 6.66mg (8.07%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.23µg (1.51%)