



Halloween Pasta

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 8 ounce garbanzo beans drained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup garlic chopped
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon onion chopped

- ☐ 3 tablespoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups wagon pasta wheel-shaped
- ☐ 2.5 cups pumpkin peeled chopped

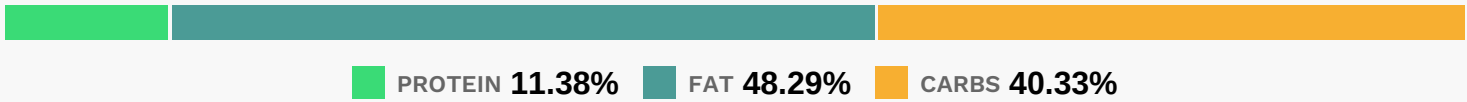
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook Halloween-shaped and wagon wheel-shaped pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain and transfer pasta to a large bowl.
- ☐ Place pumpkin in a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain and return pumpkin to pot.
- ☐ Add nutmeg, allspice, cinnamon, 1 teaspoon garlic, onion, chili powder, and 3 tablespoons olive oil; stir to coat.
- ☐ Toss olives and garbanzo beans into cooked pasta.
- ☐ Add 1/4 cup garlic, Parmesan cheese, 1/4 cup olive oil, and oregano. Toss to coat; top with pumpkin mixture.

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:11.80173901177%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 211.25kcal (10.56%), Fat: 11.74g (18.06%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 18.46g (6.71%), Sugar: 1.71g (1.9%), Cholesterol: 5.44mg (1.81%), Sodium: 416.27mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Vitamin A: 3308.73IU (66.17%), Manganese: 0.65mg (32.38%), Selenium: 13.23µg (18.9%), Vitamin K: 16.85µg (16.05%), Vitamin E: 2.39mg (15.94%), Fiber: 3.59g (14.37%), Vitamin B6: 0.27mg (13.3%), Calcium: 126.51mg (12.65%), Phosphorus: 118.25mg (11.82%), Iron: 1.82mg (10.12%), Copper: 0.18mg (9.21%), Magnesium: 31.17mg (7.79%), Potassium: 265.51mg (7.59%), Zinc: 0.92mg (6.15%), Vitamin C: 4.8mg (5.81%), Vitamin B2: 0.09mg (5.48%), Folate: 21.37µg (5.34%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.71mg (3.54%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.08µg (1.41%)