



# Harvest Moon Macaroni

READY IN

ready

46 min.

SERVINGS

servings

6

CALORIES

calories

610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 3 tablespoons butter
- ☐ 10 ounce butternut squash frozen
- ☐ 1 cup cheddar yellow extra-sharp
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 3 dashes hot sauce
- ☐ 1 pound macaroni such as cassarecci with lines
- ☐ 6 servings nutmeg grated to taste

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 1 handful parsley leaves fresh finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon paprika sweet
- ☐ 1.5 cups milk whole
- ☐ 3 tablespoons four all-purpose
- ☐ 3 tablespoons four all-purpose

## Equipment

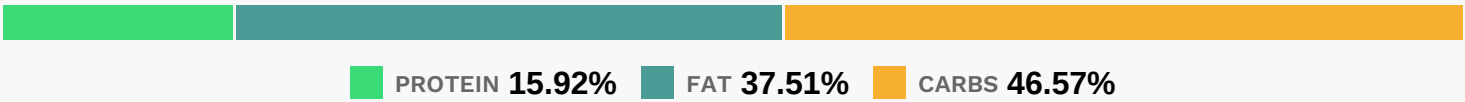
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ broiler

## Directions

- ☐ Bring water to a boil, season with salt and cook macaroni to al dente.
- ☐ Preheat broiler and place rack in middle of the oven.
- ☐ Heat the extra-virgin olive oil in a sauce pot over medium heat, saute onions and garlic until soft, 6 to 7 minutes and stir in the thyme.
- ☐ Scoot onions off to side of pan and melt butter, whisk flour into butter and combine whisk 1 minute then whisk in stock and milk, season sauce with salt, pepper and nutmeg, and cook until thickened, about 3 to 4 minutes.
- ☐ Stir in butternut squash and a few dashes hot sauce. Reduce heat. When sauce comes to a bubble, stir in Parmigiano.
- ☐ Combine the sauce and macaroni, transfer to a casserole dish and top with shredded yellow Cheddar, chopped parsley and paprika. Brown the macaroni under broiler, 4 to 5 minutes until

brown and bubbly.

## Nutrition Facts



### Properties

Glycemic Index:65.5, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:25.184347671011%

### Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

### Nutrients (% of daily need)

Calories: 610.21kcal (30.51%), Fat: 25.52g (39.25%), Saturated Fat: 12.62g (78.9%), Carbohydrates: 71.29g (23.76%), Net Carbohydrates: 66.67g (24.24%), Sugar: 8.23g (9.14%), Cholesterol: 53.74mg (17.91%), Sodium: 525.54mg (22.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.73%), Vitamin A: 5950.78IU (119.02%), Selenium: 59.57µg (85.1%), Manganese: 0.96mg (48.12%), Calcium: 469.19mg (46.92%), Phosphorus: 450.43mg (45.04%), Magnesium: 88.31mg (22.08%), Vitamin C: 16.55mg (20.06%), Vitamin B2: 0.34mg (19.85%), Fiber: 4.61g (18.46%), Zinc: 2.76mg (18.37%), Copper: 0.34mg (16.8%), Vitamin B6: 0.33mg (16.51%), Potassium: 566.65mg (16.19%), Vitamin K: 16.36µg (15.58%), Vitamin B3: 2.75mg (13.75%), Vitamin B1: 0.2mg (13.14%), Vitamin E: 1.93mg (12.84%), Iron: 2.25mg (12.48%), Vitamin B12: 0.74µg (12.35%), Folate: 40.99µg (10.25%), Vitamin B5: 0.96mg (9.57%), Vitamin D: 0.87µg (5.78%)