



Linguine with Squash, Bacon, and Goat Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 cups butternut squash peeled diced seeded
- ☐ 1.5 cups chicken broth
- ☐ 1 pound pasta cooked
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese crumbled soft
- ☐ 1 teaspoon kosher salt

☐ 1 tablespoon olive oil

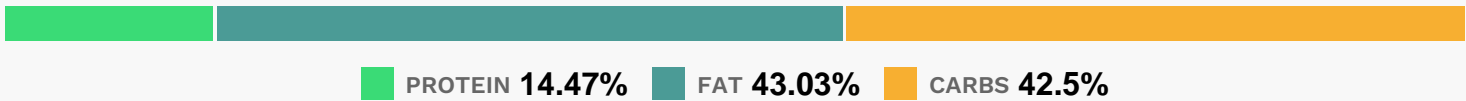
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the bacon in a large skillet over medium heat until crisp, about 5 minutes.
- ☐ Drain on a paper towel, then crumble or break into pieces; set aside.
- ☐ Drain all but about 2 tablespoons of the bacon fat from the skillet.
- ☐ Add the squash and garlic to the skillet and saut over medium heat for 3 to 5 minutes. Stir in the broth and salt. Cover and simmer, stirring occasionally, until the squash is cooked through and softened, 20 to 25 minutes.
- ☐ Add half the goat cheese and stir well to combine.
- ☐ Place the cooked linguine in a large bowl. Stir the sauce into the linguine and toss well to coat.
- ☐ Drizzle with the olive oil and add the reserved bacon, the remaining goat cheese, and the pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:13.294347827849%

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: 247.8kcal (12.39%), Fat: 12g (18.46%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 24.09g (8.76%), Sugar: 2.18g (2.43%), Cholesterol: 18.29mg (6.1%), Sodium: 619.18mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin A: 7597.21IU (151.94%), Selenium: 19.34µg (27.63%), Manganese: 0.44mg (21.86%), Vitamin C: 14.93mg (18.1%), Phosphorus: 119.73mg (11.97%), Copper: 0.23mg (11.68%), Vitamin B6: 0.23mg (11.28%), Fiber: 2.56g (10.25%), Magnesium: 39.74mg (9.94%), Vitamin B1: 0.15mg (9.87%), Vitamin B3: 1.9mg (9.49%), Vitamin E: 1.41mg (9.43%), Potassium: 325.36mg (9.3%), Iron: 1.66mg (9.21%), Vitamin B2: 0.12mg (7.08%), Calcium: 63.77mg (6.38%), Folate: 24.68µg (6.17%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.77mg (5.1%), Vitamin K: 2.91µg (2.77%), Vitamin B12: 0.12µg (1.97%)