



HEALTH SCORE

100%

Multi-Grain Pasta with Butternut Squash, Ground Lamb, and Kasseri



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



893 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 cups butternut squash fresh cubed peeled
- ☐ 1 cup canned tomatoes with added puree (from 28-ounce can) canned crushed
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 cup cheese divided grated
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 3 large garlic clove minced
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 8 ounces lamb
- ☐ 2 cups chicken broth
- ☐ 8 ounces farfalle pasta (such as barilla)
- ☐ 2.5 tablespoons olive oil divided
- ☐ 2.5 cups onion chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ spatula

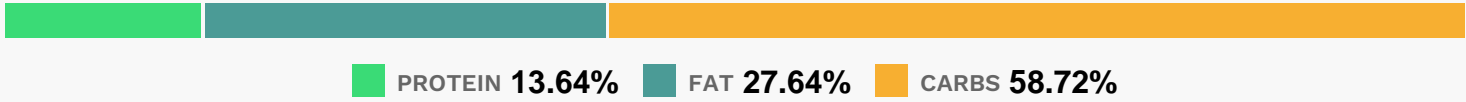
Directions

- ☐ Preheat oven to 450°F. Toss squash with 1 1/2 tablespoons oil in large bowl.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Transfer squash to large rimmed baking sheet. Roast until tender and brown around edges, using metal spatula to turn occasionally, 30 to 35 minutes.
- ☐ Remove from oven and set aside.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add lamb and onions; sauté until lamb browns and onions soften, 7 to 8 minutes.
- ☐ Add garlic and next 3 ingredients; stir 1 minute. Stir in tomatoes, then broth and bring to boil, scraping up any browned bits. Reduce heat; simmer until mixture thickens, about 5 minutes. Stir in squash. Season with salt and pepper.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup cooking liquid. Return pasta to pot.
- ☐ Add lamb mixture, half of cilantro, and half of cheese; toss.

- ☐
- Add reserved cooking liquid by 1/3 cupfuls to moisten. Season with salt and pepper.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:61.191739017549%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg

Nutrients (% of daily need)

Calories: 893.49kcal (44.67%), Fat: 29.55g (45.47%), Saturated Fat: 10.29g (64.3%), Carbohydrates: 141.28g (47.09%), Net Carbohydrates: 124.14g (45.14%), Sugar: 22.57g (25.08%), Cholesterol: 55.52mg (18.51%), Sodium: 280.81mg (12.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.61%), Vitamin A: 74857.85IU (1497.16%), Vitamin C: 161.34mg (195.56%), Manganese: 3.5mg (175.03%), Potassium: 3186.6mg (91.05%), Magnesium: 362.99mg (90.75%), Selenium: 60.81µg (86.87%), Vitamin B3: 17.26mg (86.29%), Vitamin E: 12.44mg (82.95%), Vitamin B6: 1.55mg (77.37%), Vitamin B1: 1.15mg (76.46%), Fiber: 17.14g (68.56%), Folate: 262.84µg (65.71%), Phosphorus: 624.41mg (62.44%), Iron: 9.91mg (55.03%), Calcium: 532.06mg (53.21%), Copper: 1.05mg (52.69%), Vitamin B5: 4.1mg (41.01%), Zinc: 5.38mg (35.9%), Vitamin B2: 0.51mg (29.76%), Vitamin B12: 1.58µg (26.29%), Vitamin K: 25.34µg (24.13%)