



WHATSheATE



Orecchiette with Squash, Chiles, and Hazelnuts

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 small butternut squash peeled cut into 1/2" pieces (2 cups)
- ☐ 2 garlic clove thinly sliced
- ☐ 0.3 cup hazelnuts
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 tablespoons mint leaves fresh divided
- ☐ 2 tablespoons olive oil
- ☐ 12 ounces orecchiette fresh

- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 4 servings pepper freshly ground
- ☐ 0.5 teaspoon pepper red divided crushed
- ☐ 0.3 cup butter unsalted cut into pieces ()

Equipment

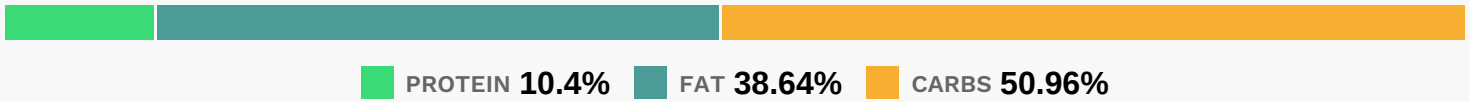
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread out hazelnuts on a small rimmed baking sheet and toast, tossing occasionally, until golden, about 6 minutes.
- ☐ Let cool, then coarsely chop; set aside.
- ☐ Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente (about 5 minutes for fresh pasta).
- ☐ Drain,reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, heat oil in a large skillet over medium-high heat.
- ☐ Add squash and cook, tossing occasionally, until crisp-tender, about 5 minutes.
- ☐ Add garlic and 1/4 teaspoon red pepper flakes and cook, stirring, just until garlic begins to brown, about 2 minutes. Immediately add 1/2 cup pasta cooking liquid to keep garlic from burning; reduce heat to low and gradually add butter, swirling skillet and adding more pasta cooking liquid as needed, until athick, glossy sauce forms.
- ☐ Add pasta to skillet with squash and sauce and toss to coat.
- ☐ Add lemon juice, 1/4 cup Parmesan, 2 tablespoons mint, and remaining 1/4 teaspoon red pepper flakes and toss to combine; season with salt and pepper.
- ☐ Serve pasta topped with reserved hazelnuts, more Parmesan, and remaining 2 tablespoons mint.

DO AHEAD: Hazelnuts can be toasted 5 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:25.81, Inflammation Score:-10, Nutrition Score:24.317826385083%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 600.44kcal (30.02%), Fat: 26.16g (40.25%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 77.62g (25.87%), Net Carbohydrates: 71.74g (26.09%), Sugar: 4.85g (5.38%), Cholesterol: 34.75mg (11.58%), Sodium: 310.43mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Vitamin A: 10657.92IU (213.16%), Selenium: 56.22µg (80.32%), Manganese: 1.54mg (76.8%), Vitamin C: 23.67mg (28.69%), Vitamin E: 4.02mg (26.82%), Phosphorus: 267.36mg (26.74%), Magnesium: 97.36mg (24.34%), Copper: 0.47mg (23.6%), Fiber: 5.88g (23.52%), Potassium: 624.45mg (17.84%), Vitamin B6: 0.35mg (17.29%), Calcium: 165.36mg (16.54%), Vitamin B1: 0.23mg (15.36%), Vitamin B3: 2.86mg (14.29%), Folate: 56.54µg (14.14%), Iron: 2.54mg (14.14%), Zinc: 1.8mg (11.97%), Vitamin B5: 0.89mg (8.89%), Vitamin K: 7.95µg (7.57%), Vitamin B2: 0.12mg (7.17%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.24µg (1.63%)