



Pappardelle with Roasted Winter Squash, Arugula, and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula trimmed
- 2 ounces asiago cheese fresh grated
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- 4 cups butternut squash cubed peeled (1-inch)
- 1 tablespoon sage fresh chopped
- 2 garlic cloves minced
- 0.5 teaspoon coarsely ground pepper black

- 2 teaspoons olive oil
- 8 ounces pappardelle uncooked (wide ribbon pasta)
- 2 tablespoons pinenuts
- 0.5 teaspoon salt divided

Equipment

- bowl
- frying pan
- oven
- colander

Directions

- Preheat oven to 47
- Combine squash, vinegar, oil, and 1/4 teaspoon salt in a large bowl; toss well to coat. Arrange squash mixture in a single layer on a jelly-roll pan coated with cooking spray.
- Bake at 475 for 25 minutes or until tender and lightly browned, stirring occasionally.
- While squash bakes, cook pasta according to the package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 1 tablespoon cooking liquid.
- Melt butter in a large nonstick skillet over medium heat.
- Add pine nuts, sage, and garlic; cook 3 minutes or just until the pine nuts begin to brown, stirring occasionally.
- Place pasta, reserved cooking liquid, pine nut mixture, and squash mixture in a large bowl; toss gently to combine.
- Add remaining 1/4 teaspoon of salt, arugula, cheese, and black pepper; toss gently to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:12, Inflammation Score:-10, Nutrition Score:22.517825836721%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 284.87kcal (14.24%), Fat: 9.82g (15.11%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 36.87g (13.41%), Sugar: 3.91g (4.34%), Cholesterol: 43.19mg (14.4%), Sodium: 375.22mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.92%), Vitamin A: 10237.05IU (204.74%), Copper: 3.27mg (163.48%), Manganese: 0.97mg (48.67%), Selenium: 32.6µg (46.57%), Vitamin C: 20.94mg (25.38%), Phosphorus: 213.85mg (21.38%), Calcium: 192.35mg (19.24%), Magnesium: 72.24mg (18.06%), Potassium: 491.03mg (14.03%), Vitamin E: 2.09mg (13.95%), Fiber: 3.48g (13.92%), Vitamin B6: 0.25mg (12.75%), Vitamin B1: 0.18mg (12.11%), Folate: 44.55µg (11.14%), Vitamin K: 11.7µg (11.14%), Iron: 1.92mg (10.69%), Vitamin B3: 2.12mg (10.58%), Zinc: 1.41mg (9.41%), Vitamin B5: 0.81mg (8.11%), Vitamin B2: 0.1mg (5.93%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.16µg (1.07%)