



Pasta with Bacon, Squash and Sage

 Dairy Free

READY IN



48 min.

SERVINGS



18

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons sage sliced
- ☐ 18 servings pepper black freshly ground
- ☐ 2 lb kabocha squash (such as butternut or kabocha)
- ☐ 4 ounces bacon chopped
- ☐ 12 ounces grain pasta shell-shaped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425F. Slice a 1/4-inch strip from base and stem of squash, so it will sit flat. Peel squash, cut in half lengthwise and scoop out seeds.
- ☐ Cut flesh into 1/2-inch cubes.
- ☐ Place squash on a large, rimmed baking sheet, toss with 1 Tbsp. olive oil and sprinkle with salt and pepper. Roast, stirring once, until squash is tender and browned, about 20 minutes.
- ☐ Warm a large skillet over medium heat. Cook bacon, stirring, until crisp, about 5 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate.
- ☐ Pour bacon fat from pan; discard drippings.
- ☐ Add remaining oil to skillet; return to medium heat.
- ☐ Add pepper flakes; stir for 15 seconds.
- ☐ Add sage and squash and saut until heated through and sage is crisp, about 1 minute.
- ☐ Remove pan from heat.
- ☐ Bring a pot of salted water to a boil. Drop pasta into boiling water and cook until al dente, 7 minutes or as package label directs.
- ☐ Drain pasta, reserving 1/2 cup cooking water.
- ☐ Add pasta to skillet with 1/4 cup pasta water and lemon juice. Toss over medium heat until well coated, adding more water if needed. Season pasta with 1/4 tsp. salt. Divide pasta among 6 bowls and sprinkle with reserved bacon.

Nutrition Facts



 **PROTEIN 8.28%**  **FAT 31.36%**  **CARBS 60.36%**

Properties

Glycemic Index:5.31, Glycemic Load:8.58, Inflammation Score:-5, Nutrition Score:7.8352174052726%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 126.7kcal (6.34%), Fat: 4.52g (6.96%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 17.35g (6.31%), Sugar: 1.47g (1.63%), Cholesterol: 4.16mg (1.39%), Sodium: 48.11mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Copper: 3.07mg (153.59%), Vitamin A: 708.36IU (14.17%), Manganese: 0.2mg (9.81%), Fiber: 2.22g (8.9%), Vitamin C: 6.52mg (7.91%), Potassium: 196.42mg (5.61%), Vitamin B6: 0.1mg (4.86%), Folate: 12.3µg (3.07%), Vitamin B3: 0.51mg (2.57%), Iron: 0.46mg (2.55%), Magnesium: 9.82mg (2.45%), Vitamin B1: 0.04mg (2.39%), Vitamin B2: 0.04mg (2.26%), Vitamin E: 0.34mg (2.23%), Calcium: 21.67mg (2.17%), Phosphorus: 21.42mg (2.14%), Selenium: 1.48µg (2.12%), Vitamin K: 1.71µg (1.63%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.13mg (1.33%)