



## Pasta with Butternut Parmesan Sauce



Very Healthy



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 butternut squash weighing 2
- ☐ 1 pound soup noodles
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup shallots chopped
- ☐ 0.3 cup parmesan cheese packed freshly grated
- ☐ 0.3 cup greek yogurt sour
- ☐ 0.1 teaspoon nutmeg grated
- ☐ 1 tablespoon parsley chopped for garnish

- ☐ 1 teaspoon salt to taste (more )
- ☐ 4 servings bell pepper to taste
- ☐ 1 cup water to the sauce as needed thin

## Equipment

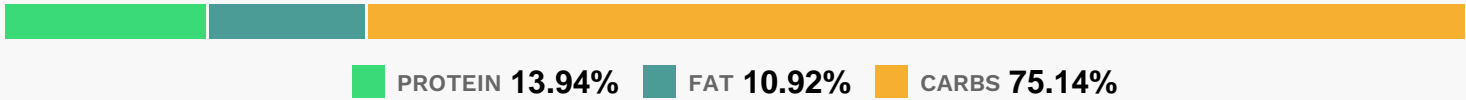
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Bake the butternut squash: Preheat the oven to 350°F.
- ☐ Cut the butternut squash lengthwise in half and scoop out the guts and seeds and discard them (or save the seeds and toast them).
- ☐ Pour 1/4 cup of water into a baking dish and place the butternut squash halves cut side down.
- ☐ Bake for 40 minutes or until a fork easily pierces the squash. Allow to cool for 10 minutes.
- ☐ Scoop out the squash flesh from the skins and put into a blender. Discard the skins.
- ☐ Sauté the shallots in the olive oil over medium heat in a small skillet until just beginning to brown, about 2–3 minutes.
- ☐ Add the shallots to the blender.
- ☐ Add 1 cup water, the parmesan, 1 teaspoons salt and 1/8 teaspoon nutmeg and blend until smooth. Taste and add more salt if needed. If the sauce is too thick, thin it with a little more water.
- ☐ Pour the sauce into a small pot set over low heat.
- ☐ Mix in the sour cream and warm it through. Do not let the sauce boil.
- ☐ Cook pasta in boiling salted water: Fill a pot with water and salt (1 tablespoon of salt for every 2 quarts of water). Set over high heat to bring to a hard boil.
- ☐ Add the pasta and cook at a hard boil, uncovered until al dente.

- ☐ Mix cooked pasta with sauce: When the pasta is ready, drain and put it into a bowl.
- ☐ Mix with a little of the sauce and serve.
- ☐ Add a dollop of additional sauce and some parsley right when you bring it to the table.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:35.8, Inflammation Score:-10, Nutrition Score:35.109565421939%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 606.75kcal (30.34%), Fat: 7.49g (11.52%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 115.87g (38.62%), Net Carbohydrates: 106.25g (38.64%), Sugar: 12.41g (13.79%), Cholesterol: 6.27mg (2.09%), Sodium: 719.99mg (31.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.99%), Vitamin A: 22403.67IU (448.07%), Vitamin C: 137.64mg (166.84%), Selenium: 76.76µg (109.65%), Manganese: 1.57mg (78.57%), Fiber: 9.62g (38.48%), Vitamin B6: 0.75mg (37.57%), Phosphorus: 370.4mg (37.04%), Magnesium: 142.17mg (35.54%), Potassium: 1176.84mg (33.62%), Vitamin E: 4.55mg (30.37%), Folate: 115.12µg (28.78%), Copper: 0.51mg (25.51%), Vitamin B3: 5mg (25%), Vitamin K: 24.6µg (23.43%), Vitamin B1: 0.35mg (23.2%), Calcium: 203.74mg (20.37%), Iron: 3.47mg (19.29%), Zinc: 2.52mg (16.82%), Vitamin B5: 1.61mg (16.12%), Vitamin B2: 0.24mg (14.25%), Vitamin B12: 0.2µg (3.35%)