






 **32%**  
HEALTH SCORE

# Pasta With Butternut Parmesan Sauce @ Dw Magazine.Com

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**490 kcal**

**SIDE DISH**   **LUNCH**   **MAIN COURSE**   **MAIN DISH**

## Ingredients

- 1 pound butternut squash
- 8 ounces farfalle pasta
- 1 tablespoon olive oil
- 1 cup shallots chopped
- 0.5 cup parmesan cheese packed freshly grated
- 0.5 cup cup heavy whipping cream
- 0.1 teaspoon nutmeg grated
- 1 tablespoon parsley chopped

- 2 teaspoons juice of lemon
- 4 servings salt and pepper to taste
- 4 servings water as needed thin

## Equipment

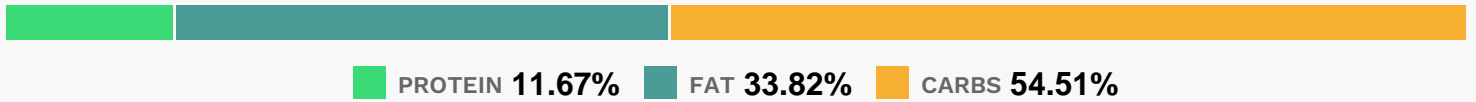
- bowl
- frying pan
- oven
- pot
- blender
- baking pan
- immersion blender

## Directions

- Preheat the oven to 350F.
- Cut the butternut squash lengthwise in half\* and scoop out the guts and seeds and discard them .
- Pour 1/4 cup of water into a pyrex or ceramic 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 pure with a blender (work in batches or place in a bowl and use a hand blender).
- Discard the skins.
- 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.
- While the pasta is cooking, pour the olive oil into a wide skillet on medium heat.
- Add the shallots and saut until soft and translucent, about 5 minutes.

- Add the butternut squash pure and c
- ook for about a minute, mixing it in with the shallots.
- Add the cream, a tablespoon at a time, slowly stirring it in to incorporate and to avoid lumps.
- Stir in the Parmesan.
- Add the nutmeg, salt and pepper.
- Add water (or chicken stock) to thin to the consistency you want.
- Take off heat and add the parsley and lemon juice. Cover the pan to keep warm.
- Check pasta. When ready (al dente) drain and plate.
- Pour the sauce over the pasta.
- Garnish with a little extra parsley and Parmesan.
- Serve immediately.
- Be careful when you cut the squash, winter squash are hard! The best way to do it safely is to slice a bit off of both ends so that you can stand the squash upright without it rolling. Then cut down the middle.

## Nutrition Facts



## Properties

Glycemic Index:43.5, Glycemic Load:19.45, Inflammation Score:-10, Nutrition Score:23.442173913043%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 56.83%, Saltiness: 95.38%, Sourness: 52.43%, Bitterness: 100%, Savoriness: 47.59%, Fattiness: 81.74%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 489.92kcal (24.5%), Fat: 18.81g (28.93%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 62.16g (22.6%), Sugar: 9.63g (10.7%), Cholesterol: 44.49mg (14.83%), Sodium: 448.1mg (19.48%), Protein: 14.59g (29.19%), Vitamin A: 12686.49IU (253.73%), Selenium: 42.38µg (60.55%), Manganese: 0.94mg (46.84%), Vitamin C: 31.02mg (37.6%), Phosphorus: 277.49mg (27.75%), Fiber: 6.03g (24.11%), Vitamin B6: 0.48mg (24.09%), Calcium: 227.25mg (22.73%), Magnesium: 90.62mg (22.65%), Potassium: 782.82mg (22.37%), Vitamin K: 21.45µg (20.43%), Copper: 0.35mg (17.32%), Vitamin E: 2.57mg (17.14%), Folate: 64.94µg (16.24%), Vitamin B1: 0.21mg (14.06%), Iron: 2.41mg (13.41%), Vitamin B3: 2.49mg (12.44%), Zinc: 1.86mg (12.37%), Vitamin B2: 0.17mg (9.94%), Vitamin B5: 0.99mg (9.93%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.54µg (3.59%)