



Pasta with Creamy Dairy-Free Pumpkin Sauce and Walnuts

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 Ounces salt and pepper angel hair pasta black freshly ground
- ☐ 1 Teaspoon garlic powder
- ☐ 1 Teaspoon ground sage
- ☐ 0.5 Teaspoon onion powder
- ☐ 15 ounce solid-pack pumpkin
- ☐ 1 Teaspoon vegetable broth base (such as Better than Bouillon brand)
- ☐ 0.5 cup walnuts toasted chopped

☐ 1 cup water

Equipment

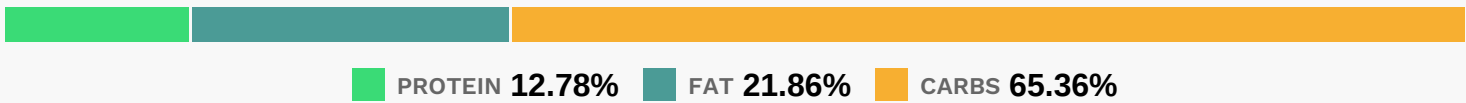
☐ sauce pan

☐ pot

Directions

- ☐ In a saucepan, combine the pumpkin, water, broth base, sage, garlic powder, and onion powder. Cook over medium heat until smooth and hot. Season with salt and pepper to taste. If the sauce is too thick, add a little water. Set aside. Cook the pasta in a pot of boiling salted water until tender, 3 to 4 minutes.
- ☐ Drain and return to the pot.
- ☐ Add the reserved sauce and toss to combine.
- ☐ Serve sprinkled with the walnuts.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:21.775217429451%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 450.8kcal (22.54%), Fat: 11.13g (17.12%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 74.88g (24.96%), Net Carbohydrates: 67.98g (24.72%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.27%), Vitamin A: 16552.2IU (331.04%), Selenium: 55.11µg (78.73%), Manganese: 1.45mg (72.45%), Copper: 0.61mg (30.36%), Fiber: 6.9g (27.6%), Phosphorus: 252.49mg (25.25%), Magnesium: 94.19mg (23.55%), Vitamin K: 17.93µg (17.08%), Iron: 3.07mg (17.04%), Potassium: 484.83mg (13.85%), Vitamin B6: 0.27mg (13.69%), Zinc: 1.87mg (12.48%), Folate: 42.98µg (10.74%), Vitamin B1: 0.16mg (10.43%), Vitamin B3: 2.01mg (10.04%), Vitamin E: 1.33mg (8.87%), Vitamin B5: 0.88mg (8.83%), Vitamin B2: 0.13mg (7.75%), Calcium: 63.57mg (6.36%), Vitamin C: 4.73mg (5.73%)