



Pasta with Mushrooms and Pumpkin-Gorgonzola Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup pumpkin canned
- ☐ 1.5 tablespoons cornstarch
- ☐ 12 ounce evaporated milk canned
- ☐ 1 teaspoon sage fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2 ounces gorgonzola cheese crumbled

- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion vertically sliced
- ☐ 1 teaspoon salt
- ☐ 5 cups shiitake mushroom caps whole thinly sliced ()
- ☐ 1.5 tablespoons water cold
- ☐ 1 pound pennette uncooked (small penne)
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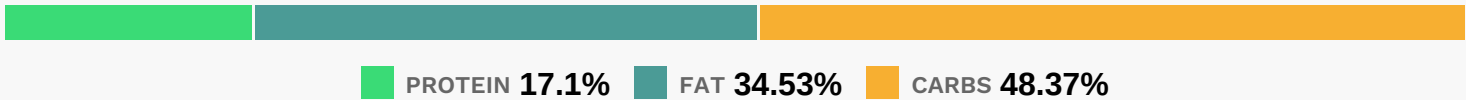
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat. Keep warm.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add mushrooms, onion, and garlic; cover and cook 3 minutes. Uncover; cook 5 minutes or until tender, stirring occasionally.
- ☐ Combine chopped sage and milk in a medium saucepan over medium heat. Bring to a simmer.
- ☐ Combine cornstarch and water, stirring with a whisk.
- ☐ Add cornstarch mixture and cheese to milk mixture, stirring with a whisk. Cook 2 minutes or until thick and smooth, stirring constantly.
- ☐ Remove from heat; stir in pumpkin, salt, pepper, and nutmeg.
- ☐ Add pasta and pumpkin mixture to mushroom mixture; toss well to combine.
- ☐ Garnish with fresh sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:24.489130652469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 21.69mg, Quercetin: 21.69mg, Quercetin: 21.69mg, Quercetin: 21.69mg

Nutrients (% of daily need)

Calories: 255.89kcal (12.79%), Fat: 10.47g (16.1%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 25.74g (9.36%), Sugar: 15.45g (17.17%), Cholesterol: 23.53mg (7.84%), Sodium: 579.4mg (25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.33%), Copper: 1.36mg (68.23%), Vitamin A: 3388.33IU (67.77%), Phosphorus: 404.48mg (40.45%), Vitamin B2: 0.67mg (39.22%), Vitamin B3: 7.72mg (38.62%), Vitamin B6: 0.76mg (38.03%), Vitamin B5: 3.58mg (35.77%), Manganese: 0.7mg (34.83%), Fiber: 7.25g (28.99%), Potassium: 978.28mg (27.95%), Calcium: 238.52mg (23.85%), Selenium: 14.37µg (20.53%), Zinc: 2.88mg (19.19%), Magnesium: 70.35mg (17.59%), Folate: 55.26µg (13.81%), Vitamin C: 10.45mg (12.67%), Iron: 1.53mg (8.51%), Vitamin B1: 0.12mg (7.79%), Vitamin D: 0.86µg (5.72%), Vitamin K: 5.97µg (5.69%), Vitamin E: 0.69mg (4.61%), Vitamin B12: 0.21µg (3.43%)