



Pasta with Winter Squash and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 1 pound butternut squash peeled seeded cut into 1-inch cubes
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 12 ounces penne rigate whole-wheat uncooked
- ☐ 0.3 cup pinenuts
- ☐ 0.8 teaspoon salt

☐ 1 teaspoon sugar

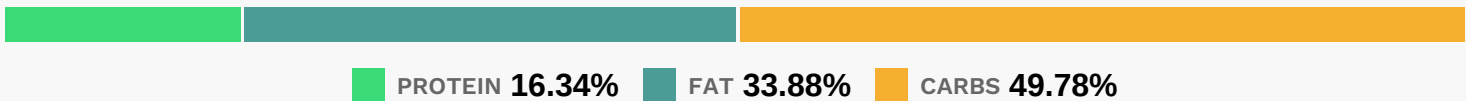
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Cook squash in boiling water to cover in a large saucepan 15 minutes or until tender; drain. Mash squash with a potato masher until smooth.
- ☐ While squash cooks, cook pasta in a large Dutch oven according to package directions, omitting salt and fat; drain and return to pan.
- ☐ Melt butter in a small nonstick skillet over medium heat; add pine nuts and garlic. Cook, stirring frequently, 2 to 3 minutes or until pine nuts are lightly browned.
- ☐ Remove from heat, and stir in sage.
- ☐ Stir sugar, salt, and pepper into mashed squash. Stir squash mixture and pine nut mixture into hot pasta.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.
- ☐ Add sugar, salt, and pepper to squash
- ☐ Sprinkle pasta with cheese
- ☐ Help mash squash
- ☐ Saut pine nuts with adult supervision

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:18.540434883988%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 373.77kcal (18.69%), Fat: 14.06g (21.64%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 46.51g (15.5%), Net Carbohydrates: 40.6g (14.76%), Sugar: 3.88g (4.31%), Cholesterol: 22.89mg (7.63%), Sodium: 626.76mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Vitamin A: 8302.5IU (166.05%), Copper: 3.17mg (158.44%), Manganese: 0.77mg (38.54%), Calcium: 270.1mg (27.01%), Fiber: 5.91g (23.62%), Vitamin C: 16.08mg (19.49%), Phosphorus: 190.84mg (19.08%), Magnesium: 50.21mg (12.55%), Vitamin E: 1.76mg (11.76%), Potassium: 325.65mg (9.3%), Vitamin B6: 0.15mg (7.27%), Vitamin B1: 0.11mg (7.18%), Selenium: 4.8µg (6.85%), Zinc: 1.03mg (6.84%), Iron: 1.13mg (6.26%), Vitamin B3: 1.21mg (6.06%), Folate: 23.82µg (5.95%), Vitamin B2: 0.09mg (5.55%), Vitamin K: 4.66µg (4.43%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.23µg (3.91%)