



Pasta with Winter Squash and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 1 pound butternut squash shredded peeled seeded
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 4 ounces parmesan cheese shredded divided finely
- ☐ 12 ounces penne pasta) (tube-shaped uncooked
- ☐ 2 tablespoons pinenuts toasted

- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2.5 cups water divided

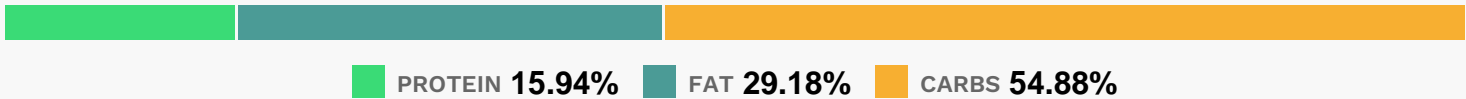
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium-high heat until lightly browned.
- ☐ Add pine nuts and sage; remove from heat.
- ☐ Remove from pan, and set aside.
- ☐ Heat olive oil in pan over medium-high heat.
- ☐ Add garlic to pan, and saut 30 seconds. Reduce heat to medium.
- ☐ Add 1 cup water and squash to pan. Cook for 12 minutes or until water is absorbed, stirring occasionally.
- ☐ Add remaining water, 1/2 cup at a time, stirring occasionally until each portion of water is absorbed before adding the next (about 15 minutes). Stir in sugar, salt, and pepper.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1/2 cup pasta water.
- ☐ Combine pasta and squash mixture in a large bowl.
- ☐ Add reserved 1/2 cup pasta water, butter mixture, and 3/4 cup cheese; toss well.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.85, Glycemic Load:17.72, Inflammation Score:-10, Nutrition Score:23.030000018037%

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: 385.43kcal (19.27%), Fat: 12.61g (19.39%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 53.33g (17.78%), Net Carbohydrates: 49.75g (18.09%), Sugar: 4.12g (4.58%), Cholesterol: 22.89mg (7.63%), Sodium: 635.07mg (27.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.99%), Vitamin A: 8302.29IU (166.05%), Copper: 3.32mg (165.97%), Selenium: 40.62µg (58.03%), Manganese: 1.1mg (54.99%), Phosphorus: 284.96mg (28.5%), Calcium: 284.97mg (28.5%), Vitamin C: 16.06mg (19.46%), Magnesium: 75.63mg (18.91%), Fiber: 3.57g (14.3%), Potassium: 439.52mg (12.56%), Vitamin E: 1.71mg (11.4%), Zinc: 1.69mg (11.26%), Vitamin B6: 0.22mg (11.2%), Vitamin B3: 2.08mg (10.38%), Vitamin B1: 0.15mg (10.03%), Iron: 1.75mg (9.72%), Folate: 33.26µg (8.31%), Vitamin B2: 0.12mg (7.25%), Vitamin B5: 0.65mg (6.53%), Vitamin B12: 0.23µg (3.91%), Vitamin K: 4.02µg (3.82%)