



WHATSheATE



HEALTH SCORE

83%

Penne with Butternut Squash



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 ounces butternut squash diced peeled



12 ounces cremini mushrooms trimmed sliced



4 cloves garlic minced



4 servings kosher salt



2 tablespoons olive oil extra-virgin



3 tablespoons oregano fresh



2 ounces parmesan cheese grated



12 ounces multigrain penne whole-wheat

- ☐ 4 servings pepper freshly ground
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 medium shallot or red minced

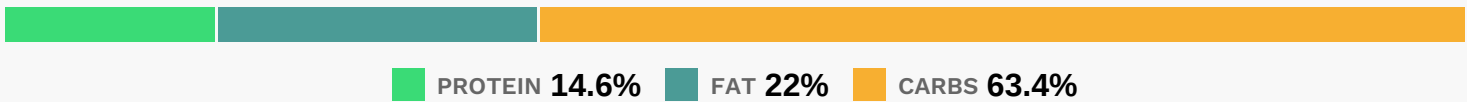
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs; reserve 1 cup cooking water, then drain.
- ☐ Meanwhile, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the squash, 1/4 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until golden and tender, about 5 minutes.
- ☐ Transfer to a plate and set aside.
- ☐ Add the remaining 1 tablespoon olive oil, the mushrooms, 1/4 teaspoon salt and a few grinds of pepper to the skillet. Cook, stirring occasionally, until lightly browned, about 5 minutes.
- ☐ Add the garlic, shallot and red pepper flakes. Cook, stirring, until the shallot softens, about 2 minutes.
- ☐ Add the pasta, squash and 1/2 cup of the reserved pasta cooking water to the skillet. Cook, stirring, until heated through, 1 to 2 minutes. Stir in 1/2 cup parmesan, then stir in enough of the remaining cooking water to loosen. Stir in the oregano and season with salt and pepper. Top with the remaining 1/2 cup parmesan.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:26.44, Inflammation Score:-10, Nutrition Score:29.903912938159%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 507.32kcal (25.37%), Fat: 12.62g (19.41%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 81.82g (27.27%), Net Carbohydrates: 75.26g (27.37%), Sugar: 6.35g (7.06%), Cholesterol: 12.33mg (4.11%), Sodium: 459.08mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.67%), Vitamin A: 6251.94IU (125.04%), Selenium: 81.87µg (116.96%), Manganese: 1.32mg (65.77%), Phosphorus: 390.03mg (39%), Copper: 0.76mg (38.18%), Vitamin B2: 0.56mg (32.93%), Vitamin B3: 5.61mg (28.06%), Vitamin K: 28.93µg (27.56%), Fiber: 6.56g (26.24%), Calcium: 258.38mg (25.84%), Potassium: 899.64mg (25.7%), Magnesium: 90.96mg (22.74%), Vitamin B6: 0.43mg (21.27%), Zinc: 3.02mg (20.15%), Vitamin B5: 2mg (20.04%), Iron: 3.47mg (19.26%), Vitamin E: 2.74mg (18.27%), Vitamin C: 14.96mg (18.14%), Folate: 66.98µg (16.75%), Vitamin B1: 0.24mg (16.24%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.16µg (1.04%)