



Pumpkin Pasta

 Popular

READY IN



20 min.

SERVINGS



3

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 1 pinch ground ginger
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 cup chicken broth low sodium
- ☐ 1 teaspoon butter
- ☐ 0.3 cup nonfat milk

- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 cup parmesan cheese grated plus more for serving
- ☐ 0.8 cup pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces penne pasta whole wheat

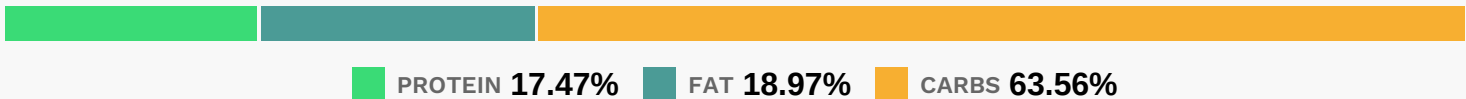
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat the pumpkin puree, chicken broth, milk, margarine, onion powder, black pepper, salt, cloves, nutmeg, cinnamon, and ginger in a large skillet over low heat until heated through, about 5 minutes. Stir in the drained pasta, and toss with the Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:10.317391281543%

Nutrients (% of daily need)

Calories: 276.86kcal (13.84%), Fat: 5.77g (8.88%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 37.45g (13.62%), Sugar: 4.44g (4.93%), Cholesterol: 7.86mg (2.62%), Sodium: 384.8mg (16.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Vitamin A: 9707.21IU (194.14%), Fiber: 6.05g (24.21%), Calcium: 122.47mg (12.25%), Phosphorus: 115.9mg (11.59%), Vitamin K: 10.29µg (9.8%), Manganese: 0.19mg (9.32%), Potassium: 233.61mg (6.67%), Vitamin B2: 0.11mg (6.34%), Iron: 1.07mg (5.94%), Vitamin B3: 1.08mg

(5.39%), Magnesium: 21.45mg (5.36%), Copper: 0.11mg (5.34%), Selenium: 3.65µg (5.21%), Vitamin E: 0.75mg (5%),
Vitamin B12: 0.29µg (4.86%), Zinc: 0.64mg (4.24%), Vitamin B5: 0.35mg (3.51%), Vitamin C: 2.63mg (3.19%),
Vitamin B6: 0.06mg (3.09%), Folate: 8.68µg (2.17%), Vitamin B1: 0.03mg (2.05%), Vitamin D: 0.27µg (1.77%)