



Pumpkin Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 rib celery diced
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 pound rotini cooked
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 leek diced
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 3 pounds pumpkin peeled chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup whipping cream

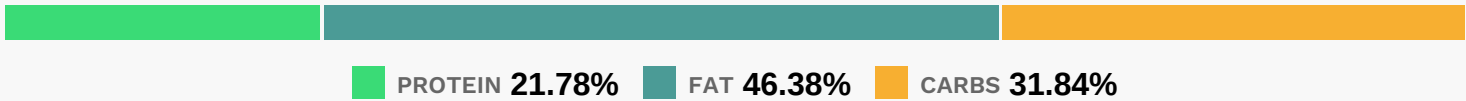
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Toss 1/2 cup Parmesan cheese with pasta, and keep warm.
- ☐ Melt butter in a large saucepan over medium heat; add leek and celery, and saute until tender.
- ☐ Add pumpkin; saute 2 to 3 minutes.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Add salt, pepper, and nutmeg.
- ☐ Process pumpkin mixture in a blender until smooth. Return to saucepan; stir in whipping cream, and cook over low heat, stirring often, until heated.
- ☐ Serve over pasta; top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:21.08, Inflammation Score:-10, Nutrition Score:23.989565185879%

Flavonoids

Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 543.17kcal (27.16%), Fat: 28.39g (43.67%), Saturated Fat: 12.07g (75.42%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 41.03g (14.92%), Sugar: 8.07g (8.97%), Cholesterol: 78.64mg (26.21%), Sodium: 918.18mg (39.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin A: 20548.66IU (410.97%), Selenium: 40.03µg (57.19%), Phosphorus: 377.31mg (37.73%), Manganese: 0.64mg (31.85%), Potassium:

998.63mg (28.53%), Vitamin C: 22.38mg (27.12%), Vitamin B2: 0.45mg (26.39%), Zinc: 3.63mg (24.21%), Calcium: 239.96mg (24%), Vitamin E: 3.43mg (22.86%), Iron: 4.11mg (22.81%), Copper: 0.43mg (21.43%), Vitamin B6: 0.36mg (18.22%), Vitamin B3: 3.4mg (17.01%), Magnesium: 66.42mg (16.61%), Vitamin B12: 0.96µg (16.03%), Folate: 54.75µg (13.69%), Vitamin K: 12.49µg (11.9%), Fiber: 2.82g (11.3%), Vitamin B1: 0.15mg (9.91%), Vitamin B5: 0.91mg (9.14%), Vitamin D: 0.57µg (3.83%)