



Pumpkin Pastina

READY IN



30 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 32 ounce chicken broth progresso®
- 1 teaspoon thyme sprigs fresh finely chopped
- 2 tablespoons olive oil
- 1 cup onion finely chopped
- 0.5 cup parmesan cheese freshly grated for garnishing
- 0.8 pound pasta such as riso uncooked
- 6 servings salt and pepper
- 1 cup turkey smoked plain cubed cooked
- 1 cup winter squash

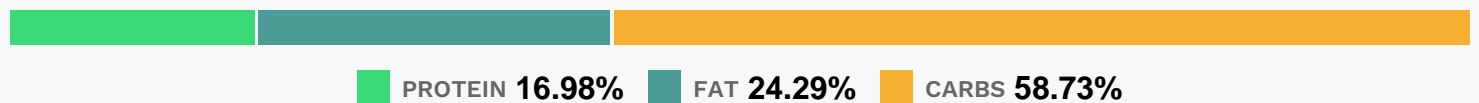
Equipment

- frying pan
- sauce pan

Directions

- Bring the broth to a low simmer in a saucepan.
- Heat olive oil in a large saute pan over medium-high heat until hot.
- Add the onion and cook until soft but not brown, 2 to 3 minutes.
- Add the thyme; stir, and add 2 cups of the simmering broth. Bring to a boil.
- Add the pastina; stir well, and reduce the heat to maintain a slow simmer. Season with salt and pepper.
- Add simmering broth 1/2 cup at a time as the previous addition is absorbed, and stirring occasionally to prevent the pastina from sticking to the bottom of the pan, until the pasta is al dente, about 15 minutes.
- Add the squash and turkey to reheat. Stir well. The consistency should be quite loose, like a thick soup.
- Add more broth if necessary.
- Add the 1/2 cup cheese and let melt for a moment before stirring in. Taste for seasoning. If desired, pour into hollowed-out pumpkin for serving; garnish with cheese.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:15.76, Inflammation Score:-10, Nutrition Score:11.101304318594%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg,

Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 337.66kcal (16.88%), Fat: 9.34g (14.38%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 47.56g (17.3%), Sugar: 4.65g (5.17%), Cholesterol: 22.2mg (7.4%), Sodium: 921.89mg (40.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Vitamin A: 4292.31IU (85.85%), Iron: 2.54mg (14.12%), Fiber: 3.27g (13.09%), Vitamin C: 10.79mg (13.08%), Phosphorus: 110.3mg (11.03%), Calcium: 108.11mg (10.81%), Vitamin B3: 2.11mg (10.56%), Selenium: 7.38µg (10.54%), Vitamin B6: 0.2mg (9.99%), Manganese: 0.2mg (9.95%), Vitamin B2: 0.17mg (9.72%), Vitamin E: 1.36mg (9.09%), Potassium: 259.51mg (7.41%), Magnesium: 25.18mg (6.3%), Vitamin B1: 0.09mg (6.25%), Zinc: 0.87mg (5.82%), Vitamin B12: 0.34µg (5.75%), Folate: 17.52µg (4.38%), Copper: 0.08mg (3.98%), Vitamin B5: 0.37mg (3.67%), Vitamin K: 3.49µg (3.33%)