



Pumpkin, Penne and Cabbage

READY IN



60 min.

SERVINGS



6

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter
- 2 cups chicken stock see
- 18 sage leaves fresh
- 1 pound white/green cabbage cut into fat julienne
- 6 servings nutmeg freshly grated
- 1 cup parmigiano-reggiano freshly grated for topping
- 1 pound penne pasta
- 6 servings pepper freshly ground
- 1 pinch saffron threads

- 6 servings salt
- 1 medium butternut squash peeled cut into bite-size pieces

Equipment

- frying pan
- baking sheet
- oven
- pot
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Bring a pot of salted water to a boil. Arrange the squash on a baking sheet and spray with the cooking spray to lightly coat; season with salt, pepper and a little nutmeg. Roast to tender and brown at the edges.
- Place the saffron in the chicken stock in a medium pot and add the cabbage. Bring to a low boil, then reduce the heat to a simmer. Cook the cabbage to very tender, about 20 minutes. Melt the butter in small pan over medium heat, add the sage and fry the leaves to crisp.
- Remove to a towel, and then crumble the leaves. Lightly brown the butter. Boil the pasta in salted water to al dente, reserve 1/2 cup starchy water, then drain. Toss the pasta with the starchy water, squash, cabbage and stock, browned butter, crumbled sage and cheese. Toss for 2 minutes to absorb the sauce, then place in casserole and cool. Store for a make-ahead meal. To reheat, bake at 375 degrees F, loosely covered with foil. Then top with a little cheese, and broil to crisp up the edges.

Nutrition Facts



PROTEIN 14.27% FAT 29.57% CARBS 56.16%

Properties

Glycemic Index:55.83, Glycemic Load:24.35, Inflammation Score:-10, Nutrition Score:30.459130289762%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 561.09kcal (28.05%), Fat: 18.7g (28.76%), Saturated Fat: 10.97g (68.58%), Carbohydrates: 79.89g (26.63%), Net Carbohydrates: 72.63g (26.41%), Sugar: 9.16g (10.18%), Cholesterol: 43.83mg (14.61%), Sodium: 688.71mg (29.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Vitamin A: 13846.64IU (276.93%), Selenium: 54.32µg (77.6%), Vitamin C: 54.15mg (65.63%), Manganese: 1.16mg (57.79%), Vitamin K: 60.49µg (57.61%), Copper: 0.76mg (38.12%), Phosphorus: 348.9mg (34.89%), Calcium: 314.26mg (31.43%), Fiber: 7.26g (29.04%), Magnesium: 106.52mg (26.63%), Potassium: 848.83mg (24.25%), Vitamin B6: 0.46mg (23.08%), Folate: 87µg (21.75%), Vitamin B3: 4.3mg (21.52%), Vitamin B1: 0.28mg (18.78%), Vitamin E: 2.38mg (15.89%), Iron: 2.61mg (14.48%), Vitamin B2: 0.23mg (13.54%), Zinc: 2.02mg (13.46%), Vitamin B5: 1.08mg (10.78%), Vitamin B12: 0.22µg (3.73%)