



## Pumpkin & sage spaghetti

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 800 g pumpkin chopped
- ☐ 1 tsp brown sugar
- ☐ 100 g butter
- ☐ 1 small bunch sage roughly chopped
- ☐ 350 g pasta like spaghetti dried
- ☐ 1 juice of lemon
- ☐ 50 g parmesan grated

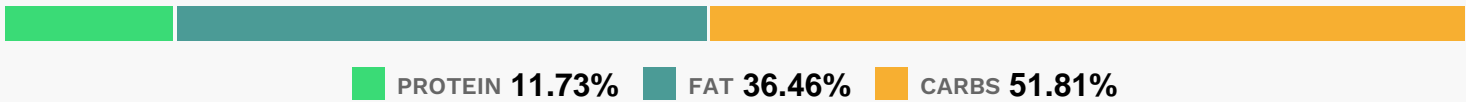
### Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Tip the pumpkin into a medium-sized saucepan that has a tight-fitting lid.
- ☐ Sprinkle over the sugar and a generous pinch of salt, then drizzle over 6 tablespoons of water. Cover the pan, place on a medium heat and steam the pumpkin, stirring every so often for 10–15 minutes, or until it is soft but still holds its shape. You may need add a spoonful or two of water during the cooking the pan seems dry. Set aside.
- ☐ While the pumpkin is steaming, tip the butter and sage into a small saucepan and heat gently until the butter is foaming, then turn off the heat. Boil the spaghetti in a big pan of salted water for about 10 minutes until just cooked. When the spaghetti is cooked, scoop out a little of the cooking water, then drain and return the spaghetti to the pan.
- ☐ Put the sage butter over a high heat until sizzling, then pour in the lemon juice and let it splutter for a second. Tip the pumpkin, melted butter, 3–4 tbsp pasta water and half the parmesan in with the spaghetti and give it a really good stir. Season generously with salt and pepper and serve with the remaining parmesan to sprinkle over.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:35.02, Inflammation Score:-10, Nutrition Score:27.698695676482%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 613.25kcal (30.66%), Fat: 25.17g (38.72%), Saturated Fat: 15.32g (95.76%), Carbohydrates: 80.49g (26.83%), Net Carbohydrates: 76.48g (27.81%), Sugar: 8.94g (9.93%), Cholesterol: 62.25mg (20.75%), Sodium: 368.67mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.45%), Copper: 8.2mg (410%), Vitamin A: 17748.82IU (354.98%), Selenium: 58.98µg (84.26%), Manganese: 1.31mg (65.43%), Phosphorus: 347.69mg (34.77%), Potassium: 912.23mg (26.06%), Vitamin C: 20.9mg (25.34%), Calcium: 232.11mg (23.21%),

Magnesium: 81.21mg (20.3%), Vitamin B2: 0.33mg (19.22%), Vitamin E: 2.84mg (18.9%), Iron: 3.14mg (17.45%), Fiber: 4g (16.02%), Zinc: 2.29mg (15.28%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.26mg (13.11%), Vitamin B1: 0.19mg (12.94%), Folate: 50.88µg (12.72%), Vitamin B5: 1.07mg (10.68%), Vitamin K: 4.25µg (4.05%), Vitamin B12: 0.19µg (3.21%)