



## Roasted Butternut Squash and Bacon Pasta

READY IN



45 min.

SERVINGS



5

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 6 slices bacon raw sweet ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups butternut squash cubed peeled (1-inch)
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1.5 ounces parmesan fresh grated
- ☐ 8 ounces penne pasta mini (tube-shaped uncooked)
- ☐ 3 ounces provolone cheese shredded

- ☐ 0.8 teaspoon salt divided
- ☐ 1 cup shallots thinly sliced

## Equipment

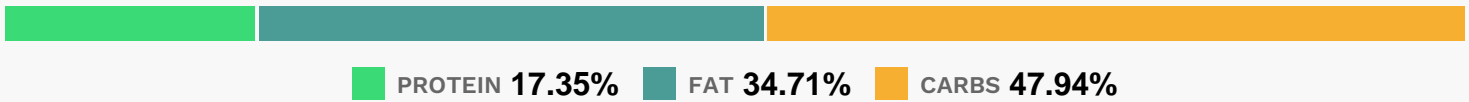
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 425
- ☐ Combine 1/4 teaspoon salt, rosemary, and pepper.
- ☐ Place squash on a foil-lined baking sheet coated with cooking spray; sprinkle with salt mixture.
- ☐ Bake at 425 for 45 minutes or until tender and lightly browned. Increase oven temperature to 450
- ☐ Cook the bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 1/2 teaspoons drippings in pan; crumble bacon. Increase heat to medium-high.
- ☐ Add shallots to pan; saut 8 minutes or until tender.
- ☐ Combine squash mixture, bacon, and shallots; set aside.
- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Combine flour and 1/2 teaspoon salt in a Dutch oven over medium-high heat. Gradually add milk, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly.
- ☐ Remove from heat.

- ☐ Add provolone, stirring until cheese melts.
- ☐ Add pasta to cheese mixture, tossing well to combine. Spoon pasta mixture into an 11 x 7-inch baking dish lightly coated with cooking spray; top with squash mixture.
- ☐ Sprinkle evenly with Parmesan cheese.
- ☐ Bake at 450 for 10 minutes or until cheese melts and begins to brown.

## Nutrition Facts



## Properties

Glycemic Index:60.6, Glycemic Load:19.18, Inflammation Score:-10, Nutrition Score:24.426086912984%

## Nutrients (% of daily need)

Calories: 513.52kcal (25.68%), Fat: 19.95g (30.69%), Saturated Fat: 9.16g (57.28%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 57.14g (20.78%), Sugar: 11.74g (13.04%), Cholesterol: 42.5mg (14.17%), Sodium: 839.78mg (36.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.87%), Vitamin A: 9254.12IU (185.08%), Selenium: 43.83µg (62.61%), Phosphorus: 417.01mg (41.7%), Calcium: 412.97mg (41.3%), Manganese: 0.8mg (39.99%), Vitamin C: 21.62mg (26.21%), Vitamin B6: 0.49mg (24.32%), Potassium: 778.79mg (22.25%), Magnesium: 86.17mg (21.54%), Vitamin B2: 0.36mg (21.38%), Vitamin B1: 0.32mg (21.24%), Fiber: 4.84g (19.38%), Vitamin B3: 3.44mg (17.21%), Zinc: 2.55mg (16.99%), Vitamin B12: 0.98µg (16.38%), Folate: 65.43µg (16.36%), Copper: 0.27mg (13.39%), Vitamin B5: 1.3mg (13%), Iron: 2.34mg (12.98%), Vitamin E: 1.48mg (9.89%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.23µg (1.55%)