



HEALTH SCORE

85%

Roasted Shallot and Butternut Squash Pasta



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 ounces asiago cheese shredded divided
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 3.5 pounds butternut squash halved lengthwise seeded
- ☐ 2 tablespoons crème fraîche
- ☐ 2 tablespoons wine dry white
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 garlic clove chopped

- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 12 ounces penne pasta (tube-shaped uncooked)
- ☐ 0.5 pound shallots peeled

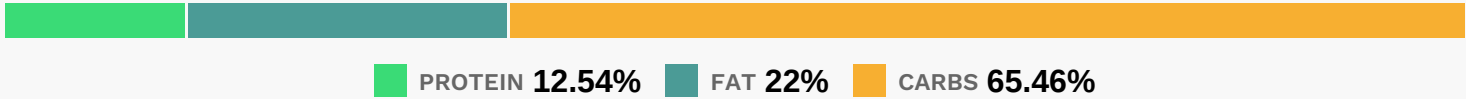
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375
- ☐ To prepare squash, drizzle 1 tablespoon oil in bottom of a roasting pan.
- ☐ Place squash, cut sides down, and shallots in pan.
- ☐ Bake, uncovered, at 375 for 45 minutes or until tender. Cool. Scoop pulp from squash; discard peels. Reserve 1 1/2 cups pulp.
- ☐ Place remaining 2 tablespoons oil, remaining pulp, shallots, and next 7 ingredients (through garlic) in a food processor; process until smooth.
- ☐ Reduce oven temperature to 350
- ☐ To prepare pasta, cook pasta in boiling water 7 minutes or until almost tender.
- ☐ Drain.
- ☐ Combine reserved 1 1/2 cups pulp, pureed mixture, pasta, and 1/3 cup cheese in a large bowl; stir gently. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; cover with foil.
- ☐ Bake at 350 for 30 minutes. Uncover; sprinkle with remaining 1/3 cup cheese.
- ☐ Bake 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:18.81, Inflammation Score:-10, Nutrition Score:33.354782586512%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 482.37kcal (24.12%), Fat: 12.12g (18.65%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 72.62g (26.41%), Sugar: 10.62g (11.8%), Cholesterol: 10.39mg (3.46%), Sodium: 648.86mg (28.21%), Alcohol: 0.51g (100%), Alcohol %: 0.16% (100%), Protein: 15.55g (31.1%), Vitamin A: 28246.65IU (564.93%), Copper: 6.46mg (323.2%), Vitamin C: 58.94mg (71.44%), Manganese: 1.42mg (71.17%), Selenium: 40.85µg (58.36%), Potassium: 1223.28mg (34.95%), Magnesium: 138.26mg (34.57%), Fiber: 8.54g (34.17%), Vitamin E: 4.94mg (32.94%), Vitamin B6: 0.65mg (32.41%), Calcium: 314.09mg (31.41%), Phosphorus: 307.13mg (30.71%), Folate: 95.81µg (23.95%), Vitamin B1: 0.35mg (23.54%), Vitamin B3: 4.34mg (21.68%), Iron: 3.48mg (19.34%), Vitamin B5: 1.51mg (15.06%), Zinc: 1.75mg (11.65%), Vitamin B2: 0.15mg (8.7%), Vitamin K: 8.19µg (7.8%), Vitamin B12: 0.18µg (2.92%)