



Roasted Squash and Chard Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 cups butternut squash cubed peeled ()
- ☐ 3 slices bacon crisp cooked cut into 1/2-inch pieces
- ☐ 2 teaspoons sage fresh finely chopped
- ☐ 4 tablespoons olive oil divided
- ☐ 1 pound orecchiette pasta (such as Barilla)
- ☐ 1 ounce parmesan cheese fresh shaved
- ☐ 2 cups onion diced red (1-inch)
- ☐ 1.3 teaspoons salt divided

☐ 5 ounces torn swiss chard leaves

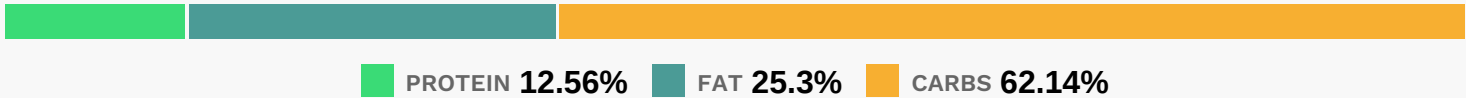
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 45
- ☐ Toss the squash and onion in a large bowl with 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Spread in a single layer on a nonstick baking sheet, and bake 25 minutes, turning until tender and browned.
- ☐ Cook the pasta according to package directions until al dente.
- ☐ Place chard in a large bowl.
- ☐ Drain the pasta in a sieve over the bowl of chard; let stand 1 minute.
- ☐ Drain chard well; squeeze out excess water. Toss with pasta in a large bowl along with roasted squash and onion, remaining 2 tablespoons oil, remaining salt and pepper, sage, and bacon. Top with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:24.02, Inflammation Score:-10, Nutrition Score:30.439565083255%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg

0.75mg, Myricetin: 0.75mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 469.43kcal (23.47%), Fat: 13.33g (20.51%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 73.67g (24.56%), Net Carbohydrates: 68g (24.73%), Sugar: 6.63g (7.37%), Cholesterol: 7.17mg (2.39%), Sodium: 688.34mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.79%), Vitamin A: 11406.57IU (228.13%), Vitamin K: 203.37µg (193.69%), Copper: 2.38mg (118.9%), Selenium: 51.82µg (74.04%), Manganese: 1.13mg (56.39%), Vitamin C: 30.63mg (37.13%), Magnesium: 101.02mg (25.26%), Phosphorus: 248.84mg (24.88%), Fiber: 5.66g (22.64%), Vitamin E: 3.26mg (21.72%), Potassium: 694.08mg (19.83%), Vitamin B6: 0.36mg (18.23%), Vitamin B3: 3mg (14.98%), Vitamin B1: 0.22mg (14.78%), Calcium: 146.88mg (14.69%), Iron: 2.4mg (13.32%), Folate: 52.61µg (13.15%), Zinc: 1.65mg (11%), Vitamin B5: 0.87mg (8.74%), Vitamin B2: 0.13mg (7.4%), Vitamin B12: 0.1µg (1.67%)