



HEALTH SCORE

74%

Roasted squash & red onion pasta



Vegetarian



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz butternut squash
- ☐ 2 onion red
- ☐ 2 garlic clove sliced
- ☐ 175 g rigatoni
- ☐ 3 tbsp crème fraîche

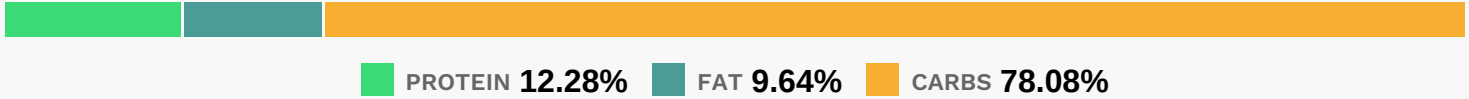
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Peel and deseed the squash, then cut it into mouthful-sized chunks and tip into a roasting tin. Peel the onions, leaving the root intact. Then cut each, through the root, into eight wedges and put them in the tin.
- ☐ Add the garlic to the tin with 2 tablespoons of olive oil.
- ☐ Sprinkle generously with salt and pepper, then toss everything together with your hands until all the ingredients are glistening. Roast for 30–35 minutes, until everything has browned nicely.
- ☐ Meanwhile, cook the pasta in a large pan of salted water following the timings given on the packet.
- ☐ Drain the pasta, reserving about 4 tbsp of the cooking water.
- ☐ Remove the tin from the oven and add the cooking water and crme frache, stirring everything together lightly. Tip in the pasta and toss well.
- ☐ Serve with a sprinkling of freshly grated parmesan.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:28.81, Inflammation Score:-10, Nutrition Score:24.465217408927%

Flavonoids

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg

Nutrients (% of daily need)

Calories: 466.14kcal (23.31%), Fat: 5.07g (7.79%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 92.35g (30.78%), Net Carbohydrates: 85.07g (30.93%), Sugar: 10.45g (11.61%), Cholesterol: 10.62mg (3.54%), Sodium: 20.84mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Vitamin A: 13675.6IU (273.51%), Selenium: 57.58µg (82.26%), Manganese: 1.25mg (62.71%), Vitamin C: 36.03mg (43.67%), Fiber: 7.28g (29.14%), Magnesium: 103.3mg (25.82%), Phosphorus: 257.64mg (25.76%), Vitamin B6: 0.5mg (24.86%), Potassium:

839.31mg (23.98%), Copper: 0.4mg (19.99%), Folate: 72.26µg (18.07%), Vitamin B1: 0.27mg (17.77%), Vitamin B3: 3.18mg (15.92%), Vitamin E: 2.03mg (13.51%), Iron: 2.33mg (12.92%), Calcium: 128.52mg (12.85%), Zinc: 1.71mg (11.38%), Vitamin B5: 1.1mg (11.01%), Vitamin B2: 0.14mg (8.31%), Vitamin K: 2.25µg (2.14%)