



Simple Ham and Squash Spaghetti

READY IN



50 min.

SERVINGS



4

CALORIES



886 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups butternut squash diced peeled seeded
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon flat parsley italian chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 teaspoon ground pepper black to taste
- ☐ 1 cup mascarpone cheese
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmigiano-reggiano cheese finely grated
- ☐ 1 pinch pepper flakes red crushed to taste

- ☐ 4 servings salt to taste
- ☐ 4 ounces ham smoked thinly sliced
- ☐ 14 ounces pasta like spaghetti

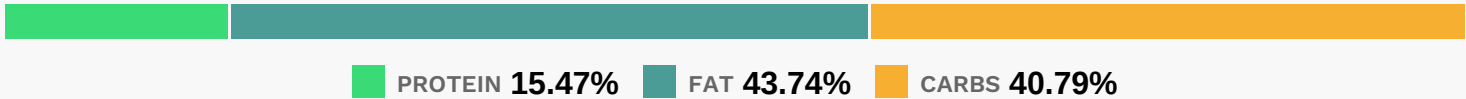
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat olive oil over medium heat in a large skillet. Stir in ham and cook until the edges are slightly browned, about 3 minutes.
- ☐ Stir in garlic; cook until fragrant and edges are barely golden, about 1 minute.
- ☐ Pour chicken broth over ham and garlic; bring to a simmer. Stir in butternut squash, red pepper flakes, and salt. Cook until squash is tender, about 15 minutes. Stir in black pepper and reduce heat to low.
- ☐ Gently stir mascarpone cheese into squash mixture until completely incorporated. Stir in Italian parsley.
- ☐ Remove from heat and cover.
- ☐ Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain and return to pot.
- ☐ Pour butternut-mascarpone sauce over spaghetti, stirring until combined.
- ☐ Sprinkle Parmigiano-Reggiano cheese over spaghetti and serve.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:30.33, Inflammation Score:-10, Nutrition Score:28.693913086601%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 886.37kcal (44.32%), Fat: 42.91g (66.01%), Saturated Fat: 22.3g (139.4%), Carbohydrates: 90.01g (30%), Net Carbohydrates: 84.52g (30.74%), Sugar: 5.64g (6.27%), Cholesterol: 92.02mg (30.67%), Sodium: 1388.18mg (60.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.15g (68.3%), Vitamin A: 12279.65IU (245.59%), Selenium: 70.69µg (100.98%), Manganese: 1.27mg (63.62%), Calcium: 519.49mg (51.95%), Phosphorus: 504.85mg (50.48%), Vitamin C: 24.08mg (29.19%), Magnesium: 113.12mg (28.28%), Copper: 0.47mg (23.42%), Vitamin K: 23.26µg (22.15%), Fiber: 5.49g (21.96%), Potassium: 732.11mg (20.92%), Zinc: 3mg (20%), Vitamin E: 2.75mg (18.36%), Vitamin B6: 0.36mg (18.03%), Vitamin B3: 3.26mg (16.29%), Iron: 2.9mg (16.08%), Vitamin B1: 0.23mg (15.36%), Vitamin B2: 0.24mg (13.92%), Folate: 49.99µg (12.5%), Vitamin B5: 1.02mg (10.16%), Vitamin B12: 0.38µg (6.29%)