



WHATSheATE



HEALTH SCORE

81%

Smoky Butternut Squash Sauce with Pasta and Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



631 kcal

SAUCE

Ingredients

- ☐ 3.5 pound butternut squash diced peeled seeded chopped ((450g))
- ☐ 0.3 teaspoon chili powder
- ☐ 1 teaspoon grain sea salt to taste fine
- ☐ 2 garlic cloves
- ☐ 450 g macaroni pasta gluten-free mini (use , if desired)
- ☐ 4 servings hot sauce to taste
- ☐ 1 leaves sauteed kale to stir into pasta

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.1 teaspoon liquid smoke
- ☐ 2 tablespoons nutritional yeast (optional, but recommended)
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup cashew pieces raw
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.8 cup water

Equipment

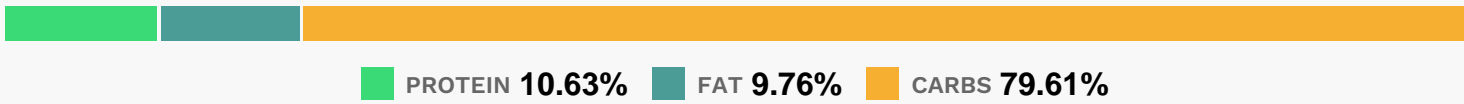
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Add cashews in a small bowl and cover with water. Soak overnight or for at least 3–4 hours, until soft and plump.
- ☐ Drain and rinse before use. Preheat oven to 425F and line a baking sheet with parchment paper. See note about prepping squash below.
- ☐ Spread out chopped squash on sheet and drizzle with oil. Toss to coat.
- ☐ Sprinkle with salt. Roast for 30–40 minutes, flipping once half way through baking, until squash is fork tender.
- ☐ Let cool for at least 5 minutes.
- ☐ Add the soaked and drained cashews, water, garlic, nutritional yeast (if using), lemon juice, onion powder, paprika, chili powder, and 2 cups of cooked squash into a high speed blender. Blend on high until smooth. Now add the salt, liquid smoke, and hot sauce to taste and blend again. Cook pasta according to package directions. If using broccoli, kale, or other vegetables, roast or saute those too.

- ☐
- Add the drained pasta back into the pot.
- ☐
- Pour on your desired amount of sauce and stir to combine. Stir in the cooked vegetables, if using. Cook over medium until heated throughout and serve immediately. Leftover sauce can be stored in an air-tight container for up to 1 week or so in the fridge. It's great poured on roasted vegetables too!

Nutrition Facts



Properties

Glycemic Index:25.55, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:29.597391398057%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 631.32kcal (31.57%), Fat: 7.27g (11.19%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 133.49g (44.5%), Net Carbohydrates: 121.97g (44.35%), Sugar: 9.39g (10.44%), Cholesterol: 0mg (0%), Sodium: 669.45mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin A: 42625.21IU (852.5%), Vitamin C: 88.01mg (106.68%), Manganese: 0.99mg (49.49%), Fiber: 11.51g (46.05%), Potassium: 1555.59mg (44.45%), Magnesium: 161.37mg (40.34%), Vitamin E: 5.93mg (39.56%), Vitamin B6: 0.68mg (33.96%), Vitamin B1: 0.44mg (29.35%), Iron: 5.12mg (28.45%), Folate: 112µg (28%), Vitamin B3: 4.94mg (24.68%), Copper: 0.48mg (24.07%), Calcium: 207.06mg (20.71%), Phosphorus: 184.87mg (18.49%), Vitamin K: 18.21µg (17.34%), Vitamin B5: 1.68mg (16.83%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.1mg (5.9%), Selenium: 3.91µg (5.58%)