



WHATSheATE



Spaghetti with Butternut Squash

READY IN



40 min.

SERVINGS



6

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 lb butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings salt
- ☐ 1 pound pasta like spaghetti
- ☐ 2 tablespoons butter unsalted melted

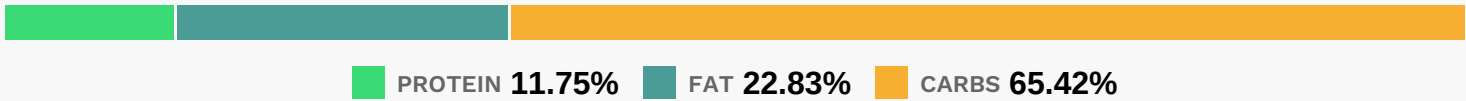
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a baking sheet with heavy-duty aluminum foil. On baking sheet, toss squash with oil and 1/4 tsp. salt to coat.
- ☐ Spread squash in a single layer and roast until soft, stirring occasionally, about 25 minutes.
- ☐ Bring a large pot of salted water to boil. Cook spaghetti until just tender, about 10 minutes, or as package label directs.
- ☐ Drain, reserving 1/2 cup of pasta cooking water. Return spaghetti to pot and add squash, butter and sage. Stir, adding pasta water as necessary to moisten.
- ☐ Serve immediately, topping with Parmesan.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:22.73, Inflammation Score:-10, Nutrition Score:24.116956612338%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 425.46kcal (21.27%), Fat: 10.88g (16.74%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 70.18g (23.39%), Net Carbohydrates: 65.35g (23.76%), Sugar: 4.55g (5.05%), Cholesterol: 12.87mg (4.29%), Sodium: 270.32mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.21%), Copper: 6.36mg (318.25%), Vitamin A: 12203.38IU (244.07%), Selenium: 49.33µg (70.47%), Manganese: 1.12mg (56.14%), Vitamin C: 23.81mg (28.86%), Phosphorus: 211.08mg (21.11%), Magnesium: 83.96mg (20.99%), Fiber: 4.83g (19.32%), Vitamin E: 2.51mg (16.7%), Potassium: 581.31mg (16.61%), Vitamin B6: 0.29mg (14.3%), Calcium: 134.04mg (13.4%), Vitamin B3: 2.66mg (13.3%), Vitamin B1: 0.19mg (12.61%), Iron: 2.06mg (11.46%), Folate: 44.66µg (11.16%), Zinc: 1.39mg (9.29%), Vitamin B5: 0.8mg (8.03%), Vitamin B2: 0.09mg (5.05%), Vitamin K: 4.53µg (4.31%)