



Spaghetti with Eggplant, Butternut Squash and Shrimp

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small butternut squash peeled seeded cut into 1/2-inch pieces (5 cups)
- ☐ 1 teaspoon rosemary dried crumbled
- ☐ 1.3 cups cooking wine dry white
- ☐ 2 japanese eggplants cut into 1-inch cubes
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 large garlic cloves finely chopped
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 large onion chopped
- ☐ 17.5 ounces orange-colored spaghetti fresh
- ☐ 6 servings salt and pepper
- ☐ 2 pounds shrimp deveined uncooked peeled
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 cups vegetable broth fresh canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a heavy large nonstick frying pan over medium heat.
- ☐ Add onion and saute until tender, about 5 minutes.
- ☐ Add the garlic and saute for just a minute.
- ☐ Add the squash, eggplant, rosemary and thyme and saute for 8 to 10 minutes.
- ☐ Add the wine and broth and bring to a simmer over medium-high heat. Decrease the heat to medium-low and simmer until the squash is tender and the liquid is reduced by about half, stirring occasionally, about 10 minutes.
- ☐ Add the shrimp and simmer gently until almost cooked through, stirring occasionally, about 5 minutes. Season, to taste, with salt and pepper.
- ☐ Meanwhile, bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring often, about 5 minutes.
- ☐ Drain pasta. (Alternatively, you can use dried pasta, which will take 8 to 10 minutes to cook.)
- ☐ Toss the pasta, squash mixture, and butter in a large bowl until the liquid thickens slightly and coats the pasta.
- ☐ Transfer the pasta mixture to a wide shallow bowl and serve.

Nutrition Facts



 **PROTEIN 30.3%**  **FAT 35.6%**  **CARBS 34.1%**

Properties

Glycemic Index:50.75, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:27.486087082521%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 22.73mg, Hesperetin: 22.73mg, Hesperetin: 22.73mg, Hesperetin: 22.73mg Naringenin: 12.86mg, Naringenin: 12.86mg, Naringenin: 12.86mg, Naringenin: 12.86mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 467.56kcal (23.38%), Fat: 18g (27.69%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 29.09g (10.58%), Sugar: 18.1g (20.11%), Cholesterol: 263.76mg (87.92%), Sodium: 700.19mg (30.44%), Alcohol: 5.15g (100%), Alcohol %: 0.95% (100%), Protein: 34.47g (68.93%), Vitamin A: 13968.46IU (279.37%), Vitamin C: 77.79mg (94.3%), Phosphorus: 435.09mg (43.51%), Copper: 0.87mg (43.33%), Potassium: 1426.11mg (40.75%), Manganese: 0.81mg (40.72%), Fiber: 9.69g (38.77%), Magnesium: 135.03mg (33.76%), Vitamin E: 3.93mg (26.19%), Folate: 98.3µg (24.57%), Vitamin B6: 0.45mg (22.43%), Calcium: 223.96mg (22.4%), Vitamin B1: 0.27mg (18.31%), Zinc: 2.67mg (17.78%), Iron: 2.57mg (14.28%), Vitamin B3: 2.84mg (14.21%), Vitamin K: 13.12µg (12.5%), Vitamin B5: 1.21mg (12.13%), Vitamin B2: 0.14mg (8.19%), Selenium: 1.98µg (2.83%)