



 **27%**
HEALTH SCORE

This Butternut-Squash Pasta Sauce Makes Weeknight Dinner Easy

READY IN



60 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds butternut squash
- 1 tablespoon olive oil
- 0.5 teaspoon rubbed sage dried
- 1 serving coarse mustard
- 5 cloves garlic
- 1 serving cheese ravioli (or any short pasta), for serving
- 1 serving parmesan cheese fresh such as grated parmesan cheese, chopped toasted walnuts, finely chopped sage

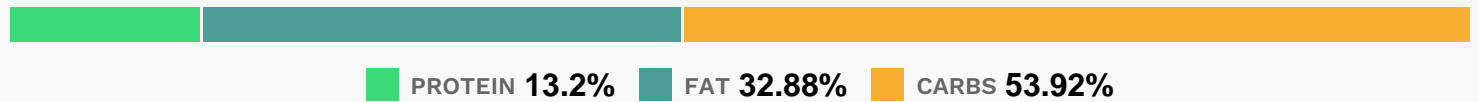
1 cup frangelico

Equipment

Directions

- Butternut Squash and Boursin Shells
- Orecchiette With Butternut Squash and Sage
- Spicy Squash Pasta
- Whole-Wheat Penne With Butternut Squash and Beet Greens
- Spaghetti With Squash and Escarole

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:10.234347864338%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 116.43kcal (5.82%), Fat: 4.47g (6.87%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.33g (5.21%), Sugar: 2.16g (2.4%), Cholesterol: 10.35mg (3.45%), Sodium: 157.24mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin A: 9074.08IU (181.48%), Vitamin C: 18.45mg (22.36%), Iron: 2.04mg (11.31%), Manganese: 0.21mg (10.46%), Vitamin E: 1.5mg (10%), Potassium: 314.81mg (8.99%), Fiber: 2.15g (8.58%), Calcium: 80.51mg (8.05%), Vitamin B6: 0.16mg (7.89%), Magnesium: 31.02mg (7.76%), Vitamin B1: 0.09mg (6.07%), Folate: 23.31µg (5.83%), Phosphorus: 55.39mg (5.54%), Vitamin B3: 1.04mg (5.2%), Vitamin B5: 0.37mg (3.65%), Copper: 0.07mg (3.44%), Selenium: 2.22µg (3.17%), Zinc: 0.32mg (2.11%), Vitamin K: 2.2µg (2.1%), Vitamin B2: 0.03mg (1.91%)