



Winter Pasta with Brown Butter, Squash, and Arugula

READY IN



55 min.

SERVINGS



8

CALORIES



386 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups arugula
- 1 cup butternut squash peeled seeded cut into 1-inch pieces
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 16 ounce pasta
- 2 tablespoons olive oil
- 1 tablespoon parmesan cheese freshly grated to taste
- 0.3 cup pinenuts

- 0.5 teaspoon salt
- 0.5 cup butter unsalted

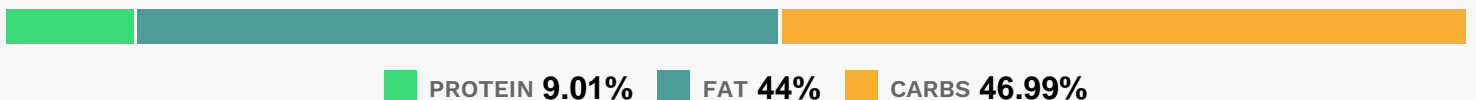
Equipment

- baking sheet
- oven
- pot

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Spread squash into a baking sheet.
- Drizzle olive oil and sprinkle salt and 1/4 teaspoon black pepper over squash; toss to coat.
- Roast in the preheated oven until squash is browned and softened, about 30 minutes.
- Remove from oven and keep warm.
- Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, 10 to 11 minutes.
- Drain linguine, reserving 1 cup pasta water.
- Melt butter in a pot over medium heat until bubbling and slightly browned, about 5 minutes. Cook and stir garlic and pine nuts in the brown butter until fragrant, 2 minutes.
- Add linguine, arugula, 1 cup Parmesan cheese, 1/4 teaspoon black pepper, and enough pasta water to moisten to the mixture. Toss until Parmesan cheese melts.
- Transfer linguine mixture to serving plates and top with roasted squash and 1 tablespoon Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:17.16, Inflammation Score:-9, Nutrition Score:12.906086976114%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 385.69kcal (19.28%), Fat: 19.01g (29.25%), Saturated Fat: 8.25g (51.53%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 43.16g (15.7%), Sugar: 2.27g (2.52%), Cholesterol: 31.05mg (10.35%), Sodium: 164.94mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.53%), Selenium: 36.45µg (52.07%), Vitamin A: 2459.13IU (49.18%), Manganese: 0.98mg (49.03%), Vitamin K: 16.65µg (15.86%), Phosphorus: 151.01mg (15.1%), Magnesium: 52.09mg (13.02%), Copper: 0.25mg (12.27%), Vitamin E: 1.59mg (10.59%), Fiber: 2.51g (10.05%), Zinc: 1.19mg (7.96%), Potassium: 258.58mg (7.39%), Iron: 1.28mg (7.13%), Vitamin B3: 1.4mg (7.01%), Folate: 26.56µg (6.64%), Vitamin C: 5.44mg (6.6%), Vitamin B6: 0.13mg (6.46%), Vitamin B1: 0.09mg (6.05%), Calcium: 47.67mg (4.77%), Vitamin B5: 0.39mg (3.94%), Vitamin B2: 0.06mg (3.74%), Vitamin D: 0.22µg (1.44%)