



Winter Squash Carbonara with Pancetta and Sage

READY IN



60 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound butternut squash peeled seeded cut into 1/2" pieces (3 cups)
- ☐ 12 ounces fettuccine barilla
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 2 garlic clove chopped
- ☐ 4 servings pepper freshly ground
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped

- ☐ 4 ounces pancetta italian chopped (bacon)
- ☐ 0.3 cup pecorino cheese finely grated shaved for serving

Equipment

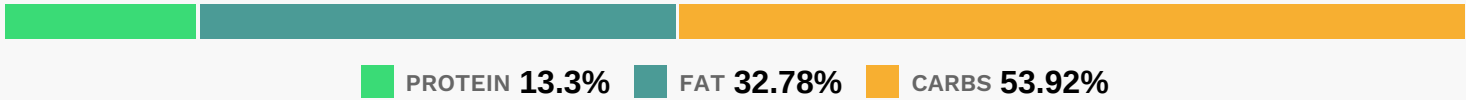
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add pancetta, reduce heat to medium, and cook, stirring occasionally, until crisp, 8–10 minutes.
- ☐ Add sage and toss to coat. Using a slotted spoon, transfer pancetta and sage to a small bowl; set aside.
- ☐ Add squash, onion, and garlic to skillet; season with salt and pepper and cook, stirring occasionally, until onion is translucent, 8–10 minutes.
- ☐ Add broth. Bring to a boil, reduce heat, and simmer until squash is soft and liquid is reduced by half, 15–20 minutes.
- ☐ Let cool slightly, then purée in a blender until smooth; season with salt and pepper. Reserve skillet.
- ☐ Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Combine pasta, squash purée, and 1/4 cup pasta cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes.
- ☐ Mix in 1/4 cup Pecorino; season with salt and pepper.
- ☐ Serve pasta topped with reserved pancetta and sage, shaved Pecorino, and more pepper.
- ☐ DO AHEAD: Squash purée can be made 3 days ahead.

- ☐ Let cool; cover and chill.
- ☐ Per serving: 660 calories, 23 g fat, 8 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:26.01, Inflammation Score:-10, Nutrition Score:36.496086949887%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 663.48kcal (33.17%), Fat: 24.75g (38.08%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 91.58g (30.53%), Net Carbohydrates: 83.78g (30.46%), Sugar: 7.55g (8.38%), Cholesterol: 96.65mg (32.22%), Sodium: 326.19mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin A: 24198.62IU (483.97%), Copper: 5.05mg (252.47%), Selenium: 75.06µg (107.23%), Manganese: 1.4mg (69.97%), Vitamin C: 49.39mg (59.87%), Phosphorus: 411.62mg (41.16%), Vitamin B3: 7.3mg (36.51%), Magnesium: 138.43mg (34.61%), Potassium: 1208.19mg (34.52%), Vitamin B6: 0.67mg (33.27%), Vitamin E: 4.73mg (31.54%), Fiber: 7.8g (31.22%), Vitamin B1: 0.47mg (31.17%), Calcium: 228.35mg (22.84%), Folate: 89.72µg (22.43%), Iron: 3.89mg (21.64%), Vitamin B5: 1.9mg (18.99%), Zinc: 2.66mg (17.76%), Vitamin B2: 0.21mg (12.46%), Vitamin B12: 0.58µg (9.61%), Vitamin K: 7.53µg (7.17%), Vitamin D: 0.4µg (2.67%)