



## Winter Squash Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 lb butternut squash
- 8 servings ground nutmeg
- 1 cup half-and-half light ( cream)
- 1 pound pasta dried
- 2 teaspoons olive oil
- 6 oz onion
- 8 servings parmesan cheese grated
- 8 servings salt and pepper
- 0.3 cup slivered almonds

- 1 cup vegetable broth

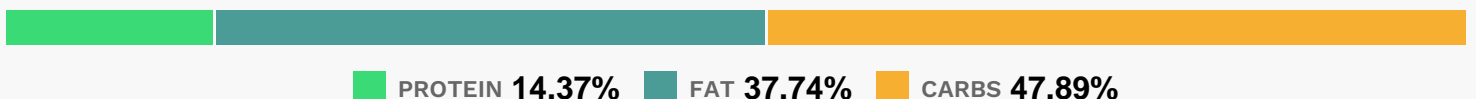
## Equipment

- food processor
- bowl
- frying pan
- oven
- blender

## Directions

- Cut squash in half lengthwise. Scoop out and discard seeds. Peel onion and cut in half. Rub cut surfaces of vegetables with oil.
- Place squash and onion, cut sides down, in a 10- by 15-inch pan.
- Bake in a 350 oven until squash and onion are tender when pressed, 40 to 45 minutes.
- Meanwhile, in a 3- to 4-quart pan over medium heat, stir pine nuts until golden, about 5 minutes.
- Pour into a bowl.
- Scoop flesh from cooked squash. Pure squash smoothly with onion in a food processor (or in a blender, a portion at a time, using some of the broth to help mix).
- Add pureed squash mixture to the 3- to 4-quart pan and stir in broth, half-and-half, and salt and pepper to taste.
- Stir over low heat until hot, about 5 minutes; keep warm.
- Meanwhile, cook linguine in 2 to 3 quarts boiling water over high heat just until the pasta is barely tender to bite, 7 to 9 minutes.
- Drain and pour pasta into a wide bowl.
- Pour squash mixture over pasta. Dust with nutmeg and sprinkle with nuts; add cheese to taste.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:18.07, Inflammation Score:-10, Nutrition Score:23.868260798247%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

## Nutrients (% of daily need)

Calories: 530.29kcal (26.51%), Fat: 22.6g (34.76%), Saturated Fat: 11.44g (71.53%), Carbohydrates: 64.52g (21.51%), Net Carbohydrates: 59.1g (21.49%), Sugar: 5.98g (6.64%), Cholesterol: 59.26mg (19.75%), Sodium: 855.62mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.72%), Vitamin A: 12681.43IU (253.63%), Selenium: 47.37µg (67.68%), Manganese: 0.96mg (48.18%), Phosphorus: 385.08mg (38.51%), Calcium: 372.96mg (37.3%), Vitamin C: 25.63mg (31.06%), Magnesium: 99.14mg (24.78%), Vitamin E: 3.41mg (22.74%), Fiber: 5.42g (21.69%), Potassium: 680.86mg (19.45%), Zinc: 2.56mg (17.09%), Copper: 0.33mg (16.75%), Vitamin B6: 0.32mg (16.13%), Vitamin B2: 0.26mg (15.04%), Vitamin B1: 0.21mg (13.71%), Vitamin B3: 2.57mg (12.87%), Folate: 51.36µg (12.84%), Iron: 1.95mg (10.86%), Vitamin B5: 0.92mg (9.2%), Vitamin B12: 0.46µg (7.75%), Vitamin K: 3.31µg (3.15%), Vitamin D: 0.33µg (2.19%)