

Baked Spaghetti Squash Lasagna Style



Gluten Free



Popular

READY IN



105 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce olives black chopped canned
- 6 servings pepper black to taste
- 1 tablespoon basil dried
- 2 tablespoons garlic minced
- 1 onion chopped
- 1 cup parmesan cheese shredded
- 1 cup mozzarella cheese shredded
- 1 spaghetti squash halved lengthwise seeded

- 28 ounce stewed tomatoes canned
- 1 cube vegetable bouillon

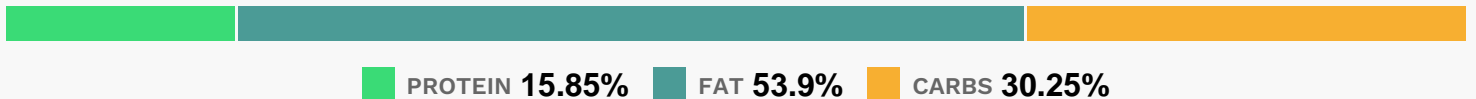
Equipment

- baking sheet
- sauce pan
- oven
- knife

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray.
- Place squash halves cut side down on the baking sheet.
- Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted.
- Remove from oven, and cool.
- Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.
- Remove squash strands with a fork, reserving the shells.
- Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.
- Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:16.203478263772%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 321.51kcal (16.08%), Fat: 20.55g (31.62%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 19.24g (6.99%), Sugar: 10.62g (11.8%), Cholesterol: 26.08mg (8.69%), Sodium: 1811.79mg (78.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.19%), Calcium: 434.87mg (43.49%), Vitamin E: 4.16mg (27.72%), Fiber: 6.72g (26.88%), Phosphorus: 241.73mg (24.17%), Manganese: 0.43mg (21.72%), Iron: 3.52mg (19.54%), Vitamin C: 16.03mg (19.42%), Vitamin A: 962.03IU (19.24%), Vitamin K: 18.04µg (17.18%), Copper: 0.33mg (16.53%), Potassium: 563.27mg (16.09%), Magnesium: 61.46mg (15.37%), Vitamin B6: 0.29mg (14.67%), Vitamin B3: 2.78mg (13.9%), Selenium: 9.33µg (13.33%), Vitamin B2: 0.2mg (12.03%), Zinc: 1.67mg (11.15%), Vitamin B1: 0.16mg (10.79%), Vitamin B12: 0.63µg (10.43%), Folate: 36.17µg (9.04%), Vitamin B5: 0.89mg (8.94%), Vitamin D: 0.16µg (1.05%)