



Baked Spaghetti Squash with Tomato Sauce and Olives

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes crushed undrained canned
- 1 tablespoon capers
- 0.5 teaspoon thyme leaves dried
- 1 cup cooking wine dry red
- 0.3 cup parsley fresh chopped

- 3 garlic cloves divided minced
- 0.3 cup kalamata olives pitted coarsely chopped
- 1.5 tablespoons olive oil
- 1 cup onion fresh minced
- 1 teaspoon oregano dried
- 1 ounce parmesan cheese fresh grated
- 1 Dash pepper red crushed
- 0.1 teaspoon salt
- 3.3 pounds spaghetti squash
- 0.5 cup water

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 37
- Pierce squash with a fork.
- Place squash on a baking sheet; bake at 375 for 1 1/2 hours or until tender. Cool.
- Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 6 cups. Keep warm.
- While squash is baking, heat oil in a large nonstick skillet over medium heat.
- Add onion, oregano, thyme, bay leaves, and red pepper; saut 5 minutes.
- Add 2 minced garlic cloves, wine, and the next 6 ingredients (wine through tomatoes); bring to a boil. Reduce heat, and simmer until thick (about 30 minutes). Discard bay leaves.
- Serve sauce over squash.
- Combine 1 minced garlic clove, Parmesan cheese, and parsley.
- Sprinkle over each serving.

Nutrition Facts

PROTEIN 11.51% FAT 33.73% CARBS 54.76%

Properties

Glycemic Index:31.83, Glycemic Load:3.48, Inflammation Score:-8, Nutrition Score:15.393478190121%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 205.53kcal (10.28%), Fat: 7.33g (11.27%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 20.56g (7.48%), Sugar: 11.9g (13.23%), Cholesterol: 3.21mg (1.07%), Sodium: 486.55mg (21.15%), Alcohol: 4.2g (100%), Alcohol %: 1.28% (100%), Protein: 5.63g (11.25%), Vitamin K: 55.99µg (53.32%), Manganese: 0.56mg (28.13%), Vitamin C: 21.72mg (26.33%), Fiber: 6.2g (24.78%), Vitamin B6: 0.44mg (21.98%), Vitamin E: 2.79mg (18.61%), Potassium: 649.39mg (18.55%), Copper: 0.35mg (17.41%), Vitamin B3: 3.41mg (17.05%), Calcium: 166.04mg (16.6%), Iron: 2.87mg (15.92%), Vitamin A: 789.55IU (15.79%), Magnesium: 56.52mg (14.13%), Vitamin B1: 0.19mg (12.4%), Folate: 49µg (12.25%), Phosphorus: 108.85mg (10.89%), Vitamin B5: 1.08mg (10.75%), Vitamin B2: 0.13mg (7.77%), Zinc: 0.93mg (6.23%), Selenium: 2.84µg (4.06%)