



Cheesy Spaghetti Squash

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup parsley fresh chopped
- 2 plum tomatoes finely chopped
- 2 Tbsp reduced fat topping parmesan style grated kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 3 lb spaghetti squash

Equipment

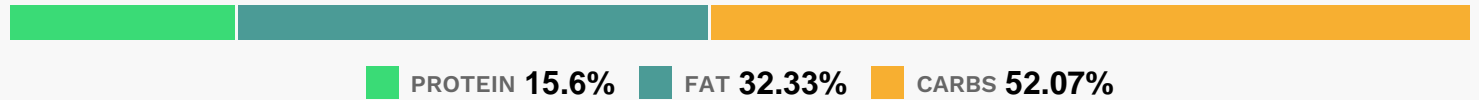
- bowl
- knife

microwave

Directions

- Pierce squash several times with fork or sharp knife to allow steam to escape. Microwave on HIGH 10 min. or just until squash is softened, turning after 5 min.
- Let stand 5 min.
- Cut squash in half; remove and discard seeds. Use fork to scrape insides of squash to form strands; place in large bowl.
- Add remaining ingredients; toss lightly with fork. Spoon into 1 squash shell; discard remaining shell.
- Microwave 2 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:4.7913043473078%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 52.17kcal (2.61%), Fat: 2.04g (3.14%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.06g (3.4%), Cholesterol: 5.3mg (1.77%), Sodium: 68.29mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin K: 26.59µg (25.33%), Vitamin A: 389.5IU (7.79%), Manganese: 0.14mg (6.99%), Vitamin C: 5.72mg (6.94%), Fiber: 1.65g (6.59%), Calcium: 64.9mg (6.49%), Vitamin B6: 0.11mg (5.57%), Vitamin B3: 1.02mg (5.09%), Phosphorus: 42.55mg (4.26%), Potassium: 147.55mg (4.22%), Folate: 16.23µg (4.06%), Magnesium: 15.21mg (3.8%), Vitamin B5: 0.38mg (3.76%), Vitamin B1: 0.04mg (2.91%), Zinc: 0.42mg (2.82%), Iron: 0.46mg (2.55%), Vitamin B12: 0.15µg (2.5%), Vitamin B2: 0.04mg (2.47%), Copper: 0.05mg (2.41%), Selenium: 1.42µg (2.03%), Vitamin E: 0.22mg (1.44%)