



Chicken Enchilada Stuffed Spaghetti Squash



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup black beans
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 chipotle chilies in adobo
- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 cup regular corn
- ☐ 1 teaspoon cumin toasted
- ☐ 2 cups enchilada sauce (see below)
- ☐ 1 clove garlic grated

- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 pound meat from a rotisserie chicken shredded cooked
- ☐ 2 small spaghetti squash seeded cut in half and

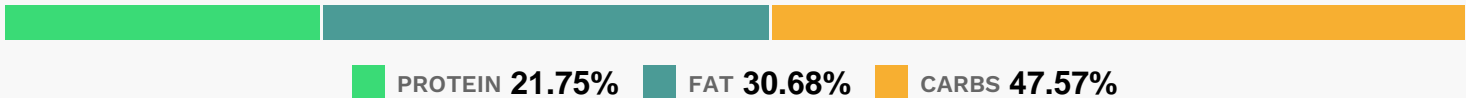
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Brush the inner flesh of the spaghetti squash with oil, season with salt and pepper and roast, skin side up, in a preheated 400F oven until tender, about 30 minutes.
- ☐ Mix the chicken, enchilada sauce, beans, corn and cilantro, divide the mixture between the spaghetti squash and top with the cheese.Broil in the oven until the cheese has melted and turned a light golden brown, about 2–3 minutes.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and saute until fragrant, about a minute.Puree the onions and garlic along with the chilies and tomatoes in a food processor and return to pan.Bring to a boil, reduce the heat, simmer for a few minutes and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:69.13, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:34.45695654724%

Flavonoids

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 558.02kcal (27.9%), Fat: 20.21g (31.1%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 54.15g (19.69%), Sugar: 32.09g (35.66%), Cholesterol: 69.22mg (23.07%), Sodium: 1800.56mg (78.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.48%), Fiber: 16.37g (65.46%), Vitamin B3: 12.02mg (60.08%), Manganese: 1.19mg (59.42%), Vitamin B6: 1.12mg (55.97%), Vitamin A: 2214.68IU (44.29%), Calcium: 415.75mg (41.58%), Phosphorus: 412.57mg (41.26%), Vitamin C: 33.7mg (40.85%), Potassium: 1422.37mg (40.64%), Iron: 6.82mg (37.89%), Magnesium: 142.6mg (35.65%), Folate: 133.74µg (33.44%), Selenium: 23.18µg (33.12%), Copper: 0.66mg (32.83%), Vitamin B5: 3.17mg (31.7%), Vitamin B1: 0.45mg (30.23%), Vitamin E: 4.02mg (26.79%), Vitamin B2: 0.43mg (25.05%), Zinc: 3.7mg (24.66%), Vitamin K: 24.45µg (23.28%), Vitamin B12: 0.43µg (7.19%), Vitamin D: 0.17µg (1.13%)