



Creamy Spaghetti Squash with Asparagus and Rosemary

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus steamed thin
- 2 teaspoons rosemary fresh minced
- 2 garlic cloves minced
- 4 servings olive oil extra-virgin
- 0.5 cup part-skim ricotta cheese
- 1 tablespoon pinenuts toasted
- 4 servings salt and pepper black freshly ground to taste

1 small spaghetti squash

Equipment

bowl

frying pan

microwave

Directions

Halve squash. Microwave on high 20 to 30 minutes, until fork-tender. Discard seeds. Scrape out squash strands with a fork; place in a bowl.

Drizzle with oil, and season with salt and freshly ground black pepper; keep warm.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Slice asparagus into 1-inch pieces; saut with garlic and rosemary for 1 minute. Stir in ricotta and squash. Season with salt and pepper. Saut until hot and creamy. Top with pine nuts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:18.093043200996%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 283.43kcal (14.17%), Fat: 19.69g (30.29%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 17.41g (6.33%), Sugar: 9g (10%), Cholesterol: 9.61mg (3.2%), Sodium: 82.67mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin K: 59.53µg (56.69%), Manganese: 0.74mg (37.12%), Vitamin E: 3.87mg (25.79%), Vitamin A: 1268.88IU (25.38%), Fiber: 6.16g (24.63%), Folate: 92.93µg (23.23%), Iron: 3.57mg (19.81%), Vitamin B6: 0.37mg (18.73%), Vitamin B1: 0.27mg (18.01%), Vitamin B3: 3.55mg

(17.74%), Copper: 0.35mg (17.66%), Calcium: 170.91mg (17.09%), Phosphorus: 161.53mg (16.15%), Vitamin B2: 0.27mg (15.78%), Potassium: 551.27mg (15.75%), Vitamin C: 11.92mg (14.45%), Magnesium: 56.36mg (14.09%), Vitamin B5: 1.27mg (12.73%), Selenium: 8.74µg (12.49%), Zinc: 1.67mg (11.11%), Vitamin B12: 0.09µg (1.5%)