



Double-Spaghetti Squash

READY IN



110 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 tablespoons butter melted reduced-calorie
- ☐ 1 tablespoon oregano dried fresh
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 ounces pasta like spaghetti uncooked
- ☐ 3 pounds spaghetti squash

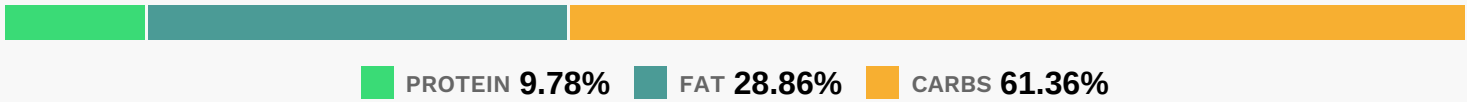
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F. Pierce squash with fork; place in ungreased square baking dish, 8x8x2 inches.
- ☐ Bake uncovered about 1 hour 30 minutes or until tender.
- ☐ Cook and drain spaghetti as directed on package.
- ☐ Cut squash lengthwise in half; remove seeds and fibers. Reserve one half for another use.
- ☐ Remove spaghetti-like strands with 2 forks. Toss squash, spaghetti and remaining ingredients. Return spaghetti mixture to squash shell to serve.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:8.56, Inflammation Score:-9, Nutrition Score:13.895217346756%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.57kcal (12.28%), Fat: 8.22g (12.65%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 34.15g (12.42%), Sugar: 7.51g (8.34%), Cholesterol: 2.17mg (0.73%), Sodium: 445.62mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin K: 71.52µg (68.11%), Manganese: 0.63mg (31.66%), Selenium: 19.58µg (27.97%), Fiber: 5.19g (20.74%), Vitamin A: 899.02IU (17.98%), Vitamin B6: 0.3mg (15.16%), Vitamin B3: 2.89mg (14.44%), Magnesium: 50.35mg (12.59%), Vitamin C: 10.1mg (12.25%), Calcium: 111.02mg (11.1%), Folate: 42.97µg (10.74%), Potassium: 368.21mg (10.52%), Phosphorus: 104.05mg (10.41%), Vitamin B5: 1.03mg (10.32%), Iron: 1.82mg (10.13%), Copper: 0.19mg (9.3%), Vitamin B1: 0.12mg (8.11%), Zinc: 1.04mg (6.94%), Vitamin E: 0.83mg (5.54%), Vitamin B2: 0.08mg (4.82%)