



## Enchilada Stuffed Spaghetti Squash

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



799 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocado
- 0.3 cup olives black
- 15 oz black beans low-sodium canned
- 0.5 cup regular corn
- 16 oz enchilada sauce
- 16 oz enchilada sauce
- 0.3 cup cilantro leaves fresh
- 1 cup cheddar cheese shredded

- 2 cups rotisserie chicken cut cooked
- 2 small spaghetti squash

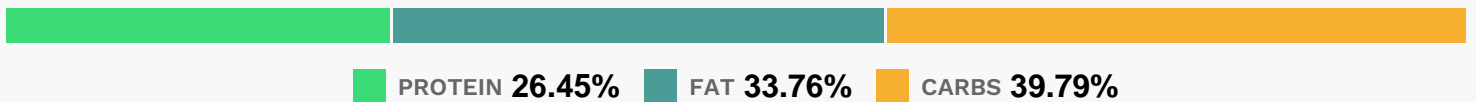
## Equipment

- oven
- baking pan
- microwave

## Directions

- If you don't have your chicken already prepared or have leftovers, cook the chicken breasts and shred or dice. Meanwhile, cook the spaghetti squash. Two methods to cook the squash: #1- Microwave by placing squash in a baking dish, cut size down and fill the dish with an inch of water. Microwave on high for about 8-12 minutes (rotating a few times) or until the outside is soft enough to be pierced with a fork. #2-
- Brush inner flesh with oil, season with salt and pepper and roast in a 400 F oven, cut side up in a baking dish until tender, about 30-40 min.
- Mix together the chicken, enchilada sauce, beans, corn, olives, cilantro and cheese (save some of the cheese for topping). Scrape the sides of the spaghetti squash so the "noodles" are tossed and more loose. Divide the enchilada mixture between the squash boats and top with the extra cheese you saved. Broil in the oven until the cheese is melted and golden brown, about 2-3 minutes.
- Garnish with cilantro and top with avocado slices (if using).

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:32.14347826087%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg,

Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 799.49kcal (39.97%), Fat: 31.49g (48.45%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 83.5g (27.83%), Net Carbohydrates: 57.47g (20.9%), Sugar: 30.23g (33.58%), Cholesterol: 119.49mg (39.83%), Sodium: 3223.19mg (140.14%), Protein: 55.5g (111%), Fiber: 26.03g (104.11%), Folate: 212.68µg (53.17%), Manganese: 1.03mg (51.6%), Vitamin A: 2463.87IU (49.28%), Vitamin B6: 0.85mg (42.44%), Potassium: 1406.83mg (40.2%), Phosphorus: 377.49mg (37.75%), Vitamin B3: 7.37mg (36.85%), Vitamin B5: 3.54mg (35.42%), Vitamin C: 28.92mg (35.06%), Magnesium: 135.31mg (33.83%), Iron: 5.71mg (31.71%), Copper: 0.6mg (30.24%), Calcium: 284.65mg (28.46%), Vitamin B1: 0.42mg (27.94%), Vitamin K: 28.95µg (27.58%), Vitamin B2: 0.42mg (24.76%), Vitamin E: 3.2mg (21.31%), Zinc: 2.78mg (18.52%), Selenium: 7.48µg (10.68%), Vitamin B12: 0.14µg (2.31%)