



Greek Spaghetti Squash Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper strips green
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber seeded chopped
- ☐ 4 ounces feta cheese crumbled reduced-fat
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons teaspoons oregano dried fresh chopped
- ☐ 5 cups plum tomatoes chopped

- ☐ 0.3 cup onion red vertically sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 pound spaghetti squash

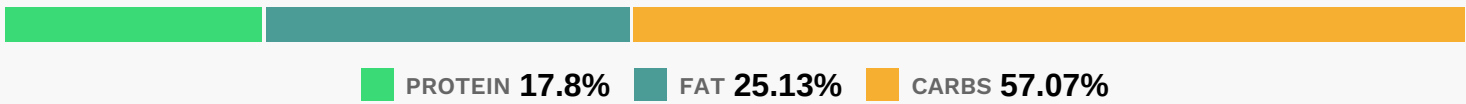
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ microwave

Directions

- ☐ Pierce squash with a fork; place on paper towels in microwave. Microwave at high 15 minutes or until tender.
- ☐ Let stand 10 minutes.
- ☐ Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands.
- ☐ Combine cooked squash and next 6 ingredients (through olives) in a large bowl; toss well.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Add to squash mixture, tossing to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:11.603913175023%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 113.36kcal (5.67%), Fat: 3.52g (5.42%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 18g (6%), Net Carbohydrates: 13.2g (4.8%), Sugar: 8.69g (9.66%), Cholesterol: 7.59mg (2.53%), Sodium: 294.9mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Vitamin C: 38.84mg (47.08%), Vitamin A: 1495.86IU (29.92%), Vitamin K: 23.3µg (22.19%), Manganese: 0.44mg (22.01%), Fiber: 4.8g (19.19%), Potassium: 565.45mg (16.16%), Vitamin B6: 0.32mg (15.78%), Folate: 44.92µg (11.23%), Vitamin B3: 2.2mg (10.99%), Magnesium: 39.38mg (9.85%), Vitamin E: 1.42mg (9.47%), Copper: 0.17mg (8.68%), Vitamin B1: 0.12mg (8.09%), Iron: 1.4mg (7.79%), Calcium: 71.4mg (7.14%), Vitamin B5: 0.65mg (6.46%), Phosphorus: 61.79mg (6.18%), Vitamin B2: 0.07mg (4%), Zinc: 0.58mg (3.89%)