



Healthy Curried Spaghetti Squash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 1 teaspoon garam masala
- ☐ 2 teaspoons ginger finely grated
- ☐ 4 teaspoons honey
- ☐ 0.3 teaspoon kosher salt plus more for seasoning
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil unsalted
- ☐ 2.8 pounds spaghetti squash

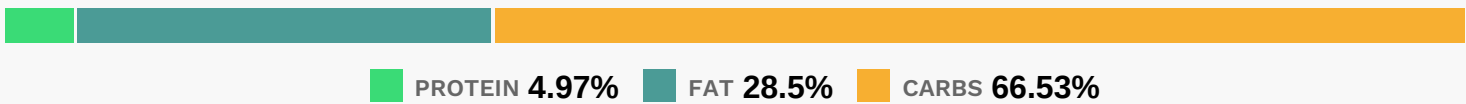
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Cut the squash in half lengthwise and scoop out the seeds.
- ☐ Place the cut-side down in a microwave-safe baking dish (the halves can overlap one another a bit) and add 1 cup water. Cover with plastic wrap and microwave until very tender and a knife easily pierces the skin of the squash, 15 to 18 minutes.
- ☐ Let stand 5 minutes. Carefully uncover and let stand until cool enough to handle but still warm.
- ☐ Meanwhile, heat the oil in a small nonstick skillet.
- ☐ Add the ginger and garam masala until fragrant. Stir in the lemon juice and honey. Season with the salt. The sauce should be sweet and sour.
- ☐ Scrape the flesh of the squash into a bowl, using a fork, to make long noodle-like strands. Toss with the sauce and cilantro. Season with additional salt.
- ☐ Calories: 140 Fat: 5 grams Saturated Fat: 1 gram Protein: 2 grams Carbohydrates: 26 grams Sugar: 6 grams Fiber: 0 grams Cholesterol: 0 milligrams Sodium: 170 milligrams

Nutrition Facts



Properties

Glycemic Index:24.82, Glycemic Load:3.04, Inflammation Score:-5, Nutrition Score:6.2039130281495%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 119.92kcal (6%), Fat: 4.2g (6.46%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 18.53g (6.74%), Sugar: 12.08g (13.43%), Cholesterol: 7.53mg (2.51%), Sodium: 185.12mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Manganese: 0.29mg (14.73%), Fiber: 3.53g (14.11%), Vitamin B6: 0.23mg (11.67%), Vitamin B3: 2.15mg (10.75%), Vitamin C: 8.18mg (9.91%), Vitamin A: 488.57IU (9.77%), Vitamin B5: 0.83mg (8.29%), Vitamin K: 8.44µg (8.04%), Potassium: 265.93mg (7.6%), Folate: 29.66µg (7.42%), Magnesium: 28.18mg (7.05%), Vitamin B1: 0.09mg (5.7%), Calcium: 54.22mg (5.42%), Copper: 0.09mg (4.65%), Iron: 0.77mg (4.25%), Zinc: 0.46mg (3.05%), Phosphorus: 29.59mg (2.96%), Vitamin E: 0.43mg (2.89%), Vitamin B2: 0.05mg (2.85%), Selenium: 0.79µg (1.13%)