



Healthy & Delicious: Spaghetti Squash with Ricotta, Sage, and Pine Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic mashed
- ☐ 2 olive oil
- ☐ 0.8 cup part-skim ricotta
- ☐ 0.3 cup pinenuts toasted
- ☐ 6 sage fresh
- ☐ 4 servings salt and pepper
- ☐ 2 pounds spaghetti squash

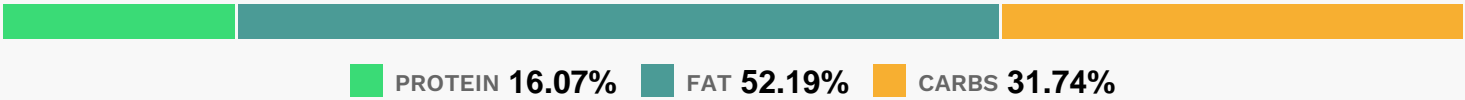
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Pierce the whole squash in several places with a knife or fork, place it in a baking dish, and bake until flesh is tender (easily pierced with a fork), about 60 to 75 minutes.
- ☐ Remove squash from oven and let cool for 5–10 minutes. Meanwhile, heat a little bit of oil in a small pan. Quickly fry sage leaves until crispy but not burnt. Crumble sage leaves into a large bowl and combine with ricotta and garlic. Set aside.
- ☐ Cut squash in half lengthwise and remove seeds. Pull a fork through the flesh to separate and remove the strands from the shell.
- ☐ Add to bowl with ricotta mixture.
- ☐ Combine squash and ricotta mixture and season to taste with salt and pepper.
- ☐ Sprinkle with pine nuts before serving.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:10.223043548024%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.5kcal (8.82%), Fat: 10.87g (16.73%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 12.13g (4.41%), Sugar: 4.9g (5.44%), Cholesterol: 14.41mg (4.8%), Sodium: 279.6mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Manganese: 0.97mg (48.38%), Copper: 0.37mg (18.68%), Calcium: 166.75mg (16.67%), Phosphorus: 154.1mg (15.41%), Selenium: 8.41µg (12.02%), Magnesium: 47.77mg (11.94%), Fiber: 2.75g (10.99%), Zinc: 1.48mg (9.89%), Vitamin B3: 1.94mg (9.71%), Vitamin B6: 0.19mg (9.46%), Potassium: 285.72mg (8.16%), Vitamin B2: 0.14mg (7.94%), Vitamin A: 374.3IU (7.49%), Vitamin E: 1.1mg (7.34%), Vitamin B5: 0.72mg (7.23%), Folate: 28.26µg (7.06%), Vitamin B1: 0.1mg (6.78%), Iron: 1.19mg (6.64%), Vitamin K: 6.64µg (6.32%), Vitamin C: 3.68mg (4.46%), Vitamin B12: 0.13µg (2.25%)