



Italian Spaghetti Squash

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 14.5 ounce canned tomatoes diced with onion, celery, and green pepper canned
- 2 teaspoons basil dried
- 1 clove garlic minced
- 1 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 onion diced
- 0.3 cup parmesan cheese shredded plus more for topping

- 1 teaspoon salt
- 1 spaghetti squash halved seeded
- 0.5 cup water


Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pour water in baking dish and place halved squash cut-sides down in the dish.
- Bake squash in preheated oven until a fork pierces the skin very easily, about 45 minutes.
- Let squash cook while preparing remainder of recipe.
- Melt butter with olive oil in a large skillet over medium-high heat.
- Saute onion in hot butter until softened, about 5 minutes.
- Add garlic and continue to saute until fragrant, about 1 minute more.
- Pour diced tomatoes over the onion mixture; season with basil.
- Place a cover on the skillet, reduce heat to medium-low, and cook at a simmer until the tomatoes are soft, about 30 minutes; season with salt and pepper.
- Once squash is cool enough to handle, use a fork to strip flesh from the skin in strands. Stir squash and Parmesan cheese into tomato mixture. Replace cover on skillet and cook until squash is heated through, 5 to 10 minutes more.
- Sprinkle additional Parmesan cheese over the dish to serve.

Nutrition Facts



PROTEIN 9.75% **FAT 45.47%** **CARBS 44.78%**

Properties

Glycemic Index:51, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:13.972173740682%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 227.89kcal (11.39%), Fat: 12.52g (19.27%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 21.38g (7.78%), Sugar: 12.42g (13.8%), Cholesterol: 19.3mg (6.43%), Sodium: 906.45mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Manganese: 0.65mg (32.67%), Fiber: 6.37g (25.49%), Vitamin B6: 0.45mg (22.72%), Vitamin C: 16.8mg (20.36%), Vitamin K: 19.84µg (18.89%), Calcium: 188.52mg (18.85%), Vitamin B3: 3.64mg (18.18%), Potassium: 632.36mg (18.07%), Copper: 0.31mg (15.73%), Vitamin E: 2.34mg (15.62%), Iron: 2.73mg (15.16%), Magnesium: 60.07mg (15.02%), Vitamin A: 741.44IU (14.83%), Folate: 49.86µg (12.46%), Vitamin B5: 1.24mg (12.4%), Vitamin B1: 0.18mg (12.28%), Phosphorus: 118.19mg (11.82%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.02mg (6.77%), Selenium: 3.1µg (4.43%), Vitamin B12: 0.09µg (1.45%)