



WHATSheATE



Lasagna Stuffed Spaghetti Squash



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon basil chopped
- ☐ 1 bay leaf
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 cloves garlic chopped
- ☐ 1 pound pd of ground turkey
- ☐ 1 teaspoon penzey's southwest seasoning italian

- ☐ 1 cup curd cottage cheese low fat
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup partially skim mozzarella shredded
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 2 small spaghetti squash seeded cut in half and
- ☐ 1 tablespoon tomato paste

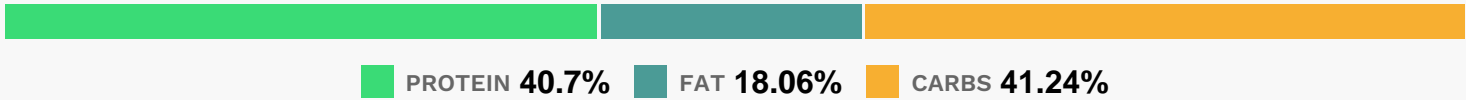
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Brush the inner flesh of the spaghetti squash with oil, season with salt and pepper and roast, skin side up, in a preheated 400F oven until tender, about 30 minutes.Meanwhile, cook the turkey, about 8-10 minutes, and set aside.
- ☐ Heat the oil in a large pan over medium heat, add the onion and cook until tender, about 5-7 minutes.
- ☐ Add the garlic, red pepper flakes, and fennel and cook until fragrant, about a minute.
- ☐ Add the turkey, tomatoes, tomato paste, Italian seasoning, bay leaf, paprika, balsamic vinegar, salt and pepper, bring to a boil, reduce the heat and simmer until the spaghetti squash is cooked and then mix in the basil and remove from heat.Fluff up some of the inside of each spaghetti squash half, divide the mixture of the cottage cheese and basil between them followed by the sauce and the cheese.Broil in the oven until the cheese has melted and turned a light golden brown, about 2-3 minutes.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:3.51, Inflammation Score:-9, Nutrition Score:35.182608625163%

Flavonoids

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 445.97kcal (22.3%), Fat: 9.52g (14.65%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 37.97g (13.81%), Sugar: 22.29g (24.77%), Cholesterol: 69.71mg (23.24%), Sodium: 951.83mg (41.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.28g (96.56%), Vitamin B6: 1.76mg (87.92%), Vitamin B3: 17.26mg (86.32%), Phosphorus: 628.55mg (62.85%), Selenium: 38.23µg (54.61%), Calcium: 481.69mg (48.17%), Manganese: 0.94mg (47.11%), Fiber: 10.93g (43.74%), Potassium: 1359.94mg (38.86%), Magnesium: 133mg (33.25%), Vitamin B5: 3.22mg (32.16%), Zinc: 4.66mg (31.1%), Vitamin C: 23.47mg (28.45%), Vitamin B2: 0.46mg (27.29%), Vitamin A: 1291.03IU (25.82%), Copper: 0.51mg (25.38%), Iron: 4.5mg (25.03%), Vitamin B1: 0.37mg (24.52%), Folate: 97.95µg (24.49%), Vitamin E: 3.14mg (20.9%), Vitamin B12: 1.19µg (19.9%), Vitamin K: 19.22µg (18.31%), Vitamin D: 0.45µg (3.02%)