



WHATSheATE



Pesto Spaghetti Squash



Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 tablespoons butter divided



1 teaspoon garlic salt



1 teaspoon penzey's southwest seasoning italian



1 cup kale chopped



1 teaspoon olive oil



1 onion sliced



0.3 cup parmesan cheese grated



2 tablespoons pesto prepared

- ☐ 1 teaspoon pepper flakes red
- ☐ 1 spaghetti squash halved lengthwise seeded
- ☐ 4 mushrooms white sliced

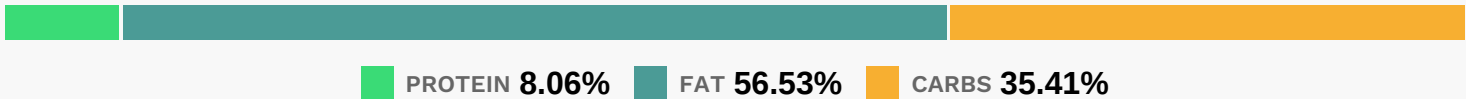
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- ☐ Place squash skin side down on prepared baking sheet.
- ☐ Bake until cooked through, about 1 hour.
- ☐ Remove from oven; cool for 10 minutes. Once squash is cool enough to handle, scrape flesh into string-like strands with a fork.
- ☐ Place in a bowl and set aside.
- ☐ Melt 1 tablespoon of butter in a large skillet over medium-high heat.
- ☐ Add onion; cook and stir until onion begins to turn translucent. Stir in kale and mushrooms; reduce heat to medium low.
- ☐ Stir in squash, remaining 2 tablespoons butter, garlic salt, Italian seasoning, and red pepper flakes; cook for 2 minutes.
- ☐ Remove from stove and place squash mixture in a large bowl.
- ☐ Stir olive oil and pesto into the squash mixture. Slowly add grated Parmesan cheese, stirring until evenly mixed.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:7.9178261160851%

Flavonoids

Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 156.18kcal (7.81%), Fat: 10.46g (16.09%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 11.4g (4.14%), Sugar: 5.72g (6.35%), Cholesterol: 19.08mg (6.36%), Sodium: 588.43mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin A: 959.41IU (19.19%), Vitamin K: 18.56µg (17.67%), Manganese: 0.28mg (14.05%), Fiber: 3.34g (13.36%), Vitamin B6: 0.22mg (10.88%), Vitamin B3: 2.13mg (10.67%), Calcium: 103.75mg (10.38%), Vitamin C: 8.3mg (10.05%), Vitamin B5: 0.83mg (8.32%), Potassium: 275.29mg (7.87%), Vitamin B2: 0.12mg (7.14%), Folate: 28.58µg (7.14%), Phosphorus: 67.61mg (6.76%), Magnesium: 26.51mg (6.63%), Copper: 0.12mg (5.92%), Vitamin B1: 0.09mg (5.71%), Iron: 0.9mg (4.98%), Selenium: 3.46µg (4.94%), Vitamin E: 0.7mg (4.7%), Zinc: 0.63mg (4.21%), Vitamin B12: 0.07µg (1.22%)