



Roasted Spaghetti Squash with Asparagus and Goat Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



2

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch asparagus fresh cut into 1-inch pieces
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 2 ounces goat cheese
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 1 teaspoon olive oil or as needed

- ☐ 0.3 onion diced spanish
- ☐ 2.5 pound spaghetti squash halved lengthwise seeded
- ☐ 0.5 cup vegetable broth

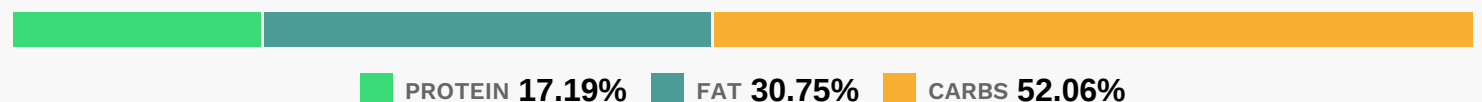
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- ☐ Spray spaghetti squash with cooking spray and season with salt and pepper.
- ☐ Place squash, cut-side down, on the prepared baking sheet.
- ☐ Bake in the preheated oven until tender, about 35 minutes. Cool for 10 minutes.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Saute onion in hot oil until just starting to turn translucent, about 5 minutes.
- ☐ Add asparagus to onion and continue to saute until onion is tender, 5 minutes more. Stir garlic into onion mixture; saute until fragrant, about 1 minute.
- ☐ Remove onion mixture to a plate.
- ☐ Return skillet to heat. Scrape spaghetti squash flesh from skin using a fork to create 'noodles'; stir noodles into hot skillet and saute until heated through, 2 to 3 minutes.
- ☐ Pour vegetable broth into skillet with spaghetti squash; bring broth to a simmer and cook until mostly reduced, about 2 minutes. Stir onion mixture and goat cheese into spaghetti squash until cheese is melted, about 1 minute.
- ☐ Add basil and thyme. Season with salt and ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:140.5, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:31.406956304675%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.3mg, Quercetin: 34.3mg, Quercetin: 34.3mg, Quercetin: 34.3mg

Nutrients (% of daily need)

Calories: 279.47kcal (13.97%), Fat: 10.64g (16.38%), Saturated Fat: 5g (31.22%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 28.94g (10.52%), Sugar: 16.71g (18.57%), Cholesterol: 13.04mg (4.35%), Sodium: 413.78mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.77%), Vitamin K: 107.51µg (102.39%), Vitamin A: 2874.94IU (57.5%), Manganese: 1.05mg (52.54%), Fiber: 11.61g (46.43%), Folate: 174.36µg (43.59%), Copper: 0.82mg (41.23%), Iron: 7.38mg (40.98%), Vitamin B6: 0.75mg (37.57%), Vitamin C: 28.97mg (35.12%), Vitamin B1: 0.51mg (33.69%), Vitamin B3: 6.27mg (31.33%), Vitamin B2: 0.52mg (30.74%), Potassium: 957.31mg (27.35%), Phosphorus: 251.45mg (25.14%), Magnesium: 93.52mg (23.38%), Vitamin B5: 2.31mg (23.13%), Vitamin E: 3.43mg (22.85%), Calcium: 213.05mg (21.3%), Zinc: 2.38mg (15.86%), Selenium: 7.68µg (10.97%)