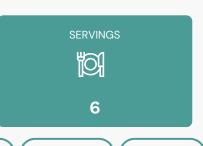


Roasted Spaghetti Squash with Parmigiano-Reggiano

Gluten Free







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

	6 servings pepper	black freshly ground

- 2 medium garlic clove finely chopped
- 6 servings kosher salt
- 4 tablespoons olive oil
- 0.8 cup parmesan finely grated for serving
- 1 medium shallots finely chopped
- 5 pounds spaghetti squash

Equipment				
	baking sheet			
	sauce pan			
	oven			
	tongs			
Directions				
	Heat the oven to 400°F and arrange a rack in the middle.			
	Cut the squash in half lengthwise and scrape out the seeds.			
	Brush the flesh with 2 tablespoons of the oil and season generously with salt and pepper.			
	Place the squash halves cut-side up on a baking sheet and roast until fork tender, about 50 minutes.			
	Remove the squash from the oven and let sit at room temperature until cool enough to handle, about 30 minutes. Scrape the flesh with a fork to make long strands; set aside.			
	Heat the remaining 2 tablespoons of oil in a large saucepan over medium heat until shimmering, about 3 minutes.			
	Add the garlic and shallot, season with salt and pepper, and cook until softened and lightly browned, about 3 minutes.			
	Add the reserved squash, toss with tongs to coat thoroughly, and cook until heated through, about 3 minutes.			
	Remove from the heat and add the cheese a handful at a time while tossing the squash to evenly coat.			
	Serve with freshly ground black pepper and extra cheese.			
Nutrition Facts				
	PROTEIN 10.95% FAT 54.58% CARBS 34.47%			
	- 10.5070 - 17.5070 - 54.55 04.4170			

Properties

Glycemic Index:19.83, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:9.1278261270212%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 219.44kcal (10.97%), Fat: 14.1g (21.7%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 15.84g (5.76%), Sugar: 7.85g (8.72%), Cholesterol: 8.5mg (2.83%), Sodium: 440.54mg (19.15%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.36g (12.73%), Calcium: 213.73mg (21.37%), Manganese: 0.38mg (19.01%), Fiber: 4.21g (16.82%), Vitamin B6: 0.31mg (15.48%), Vitamin B3: 2.6mg (13%), Phosphorus: 123.14mg (12.31%), Vitamin E: 1.72mg (11.49%), Vitamin B5: 1.04mg (10.42%), Magnesium: 39.01mg (9.75%), Potassium: 320.73mg (9.16%), Folate: 34.54µg (8.64%), Vitamin A: 420.48IU (8.41%), Vitamin K: 8.46µg (8.06%), Vitamin C: 6.28mg (7.61%), Vitamin B1: 0.11mg (7.25%), Iron: 1.07mg (5.92%), Zinc: 0.88mg (5.89%), Copper: 0.11mg (5.57%), Selenium: 3.82µg (5.45%), Vitamin B2: 0.09mg (5.41%), Vitamin B12: 0.15µg (2.5%)