



Roasted Spaghetti Squash with Parmigiano-Reggiano

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



219 kcal

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%**

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, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)