



Roasted Spaghetti Squash with Peas and Herbs

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cilantro leaves roughly chopped
- ☐ 0.5 cup flat-leaf parsley roughly chopped
- ☐ 0.3 cup blanched hazelnuts toasted roughly chopped
- ☐ 1 tablespoon brown sugar light packed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese finely grated plus more for garnish
- ☐ 1 cup peas blanched fresh frozen thawed

☐ 4 servings salt and pepper as needed

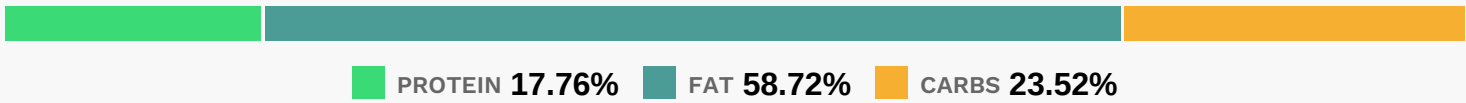
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Brush cut sides and cavities of squash with oil, and sprinkle with brown sugar, salt and pepper.
- ☐ Place squash, cut sides down, on a rimmed baking sheet lined with parchment. Roast until tender, about 50 minutes.
- ☐ Let cool slightly on the sheet set on a wire rack. Use a fork to scrape the flesh into long strands.
- ☐ Place in a large bowl.
- ☐ Add oil, Parmesan, parsley, cilantro, peas and hazelnuts. Season with 1 teaspoon salt, and a good grinding of black pepper to taste. Toss and serve immediately with more cheese as garnish.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:14.533913059079%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3–gallate: 0.08mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg
Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg,
Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg
Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 170.96kcal (8.55%), Fat: 11.5g (17.7%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 10.37g (3.46%), Net
Carbohydrates: 7.27g (2.64%), Sugar: 5.47g (6.08%), Cholesterol: 8.5mg (2.83%), Sodium: 401.88mg (17.47%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin K: 141.57µg (134.83%), Manganese:
0.64mg (31.86%), Vitamin C: 25.49mg (30.89%), Vitamin A: 1143.2IU (22.86%), Calcium: 179.95mg (17.99%),
Phosphorus: 153.08mg (15.31%), Fiber: 3.1g (12.39%), Vitamin E: 1.81mg (12.07%), Folate: 45.58µg (11.4%), Copper:
0.21mg (10.7%), Vitamin B1: 0.16mg (10.49%), Magnesium: 34.23mg (8.56%), Iron: 1.53mg (8.5%), Zinc: 1.07mg
(7.12%), Vitamin B2: 0.11mg (6.38%), Vitamin B6: 0.13mg (6.29%), Potassium: 206.99mg (5.91%), Selenium: 3.71µg
(5.3%), Vitamin B3: 1.05mg (5.25%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.21mg (2.09%)