



Sesame Spaghetti Squash with Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus
- ☐ 1 teaspoon ginger fresh minced
- ☐ 1 teaspoon garlic minced pressed
- ☐ 0.5 cup green onions thinly sliced (including tops)
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 1 teaspoon salad oil
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons asian sesame oil toasted ()

- ☐ 2 teaspoons sesame seed
- ☐ 2.5 lb spaghetti squash rinsed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ colander

Directions

- ☐ Pierce squash in several places with a sharp knife. Cook in a microwave oven at full power (100%) until soft when pressed, 12 to 14 minutes, turning squash over after 5 minutes.
- ☐ Cut in half lengthwise and discard seeds. Scoop out tender squash strands and reserve; discard peel.
- ☐ Meanwhile, in a 10-inch nonstick frying pan (at least 2 in. deep) or a 12-inch nonstick frying pan, stir sesame seeds over medium-high heat until golden, about 2 minutes.
- ☐ Pour from pan.
- ☐ Rinse asparagus and cut into 2-inch pieces.
- ☐ Combine asparagus with 1/2 cup water in pan and stir often over high heat just until tender-crisp to bite, 3 to 4 minutes.
- ☐ Pour into a colander to drain.
- ☐ Add olive oil, garlic, ginger, and green onions to pan. Stir over high heat until sizzling, about 30 to 40 seconds.
- ☐ Add asparagus, squash, and bell pepper. Stir gently just until hot, about 3 minutes.
- ☐ Pour into a bowl; drizzle with sesame oil and sprinkle with sesame seeds.
- ☐ Add salt and pepper to taste.

Nutrition Facts



 PROTEIN **9.42%**  FAT **45.58%**  CARBS **45%**

Properties

Glycemic Index:29.33, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:13.822173906409%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

Nutrients (% of daily need)

Calories: 117.82kcal (5.89%), Fat: 6.62g (10.18%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 10.26g (3.73%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 220.64mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin K: 52.24µg (49.75%), Vitamin C: 40.58mg (49.18%), Vitamin A: 1593.27IU (31.87%), Folate: 72.87µg (18.22%), Fiber: 4.43g (17.74%), Manganese: 0.35mg (17.72%), Vitamin B6: 0.29mg (14.68%), Iron: 2.37mg (13.18%), Vitamin B1: 0.18mg (12.14%), Vitamin B3: 2.34mg (11.69%), Copper: 0.23mg (11.66%), Vitamin E: 1.65mg (11.01%), Potassium: 379.58mg (10.85%), Vitamin B2: 0.16mg (9.46%), Magnesium: 33.95mg (8.49%), Vitamin B5: 0.78mg (7.79%), Phosphorus: 70.03mg (7%), Calcium: 64.32mg (6.43%), Zinc: 0.82mg (5.45%), Selenium: 2.52µg (3.6%)