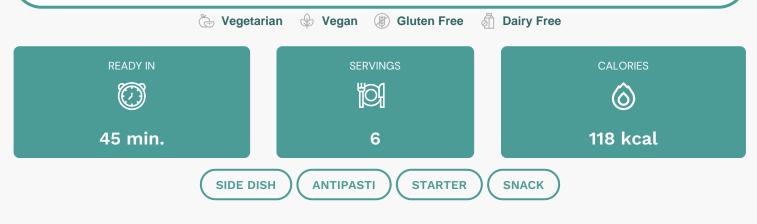


# Sesame Spaghetti Squash with Asparagus



### **Ingredients**

1 pound asparagus	
1 teaspoon ginger fresh minced	
1 teaspoon garlic minced pressed	
O.5 cup green onions thinly sliced (including top	s)
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
E~	u inmant
Εq	uipment
	bowl
	frying pan
	oven
	knife
	microwave
	colander
Diı	rections
	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**

#### **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, Myricetin: 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: Omg (0%), Sodium: 220.64mg (9.59%), Alcohol: Og (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%)