



## Southwestern Spaghetti Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 bell pepper green chopped
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper to taste
- 1 spaghetti squash halved seeded

2 tomatoes chopped

## Equipment

bowl

frying pan

oven

baking pan

## Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place squash halves in a shallow baking pan with about 1 inch of water.

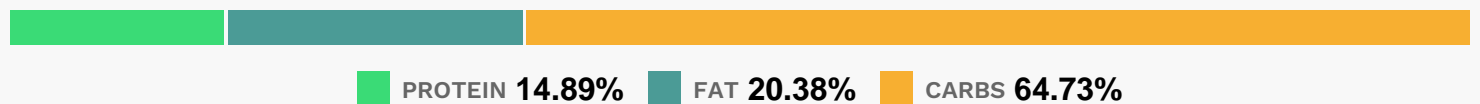
Bake squash in the preheated oven until soft, about 1 hour.

Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine.

Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:17.231739064922%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

## Nutrients (% of daily need)

Calories: 221.6kcal (11.08%), Fat: 5.37g (8.26%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 26.11g (9.49%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 647.99mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Vitamin C: 40.81mg (49.46%), Fiber: 12.24g (48.98%), Manganese: 0.67mg (33.74%), Folate: 106.66µg (26.67%), Potassium: 795.72mg (22.73%), Vitamin B6: 0.43mg (21.45%), Vitamin A: 983.85IU (19.68%), Magnesium: 76.52mg (19.13%), Vitamin B1: 0.28mg (18.67%), Copper: 0.35mg (17.72%), Vitamin B3: 3.48mg (17.38%), Iron: 3.1mg (17.24%), Phosphorus: 166.42mg (16.64%), Vitamin K: 14.45µg (13.76%), Vitamin B5: 1.16mg (11.59%), Vitamin B2: 0.19mg (11.38%), Calcium: 104.26mg (10.43%), Vitamin E: 1.29mg (8.57%), Zinc: 1.19mg (7.94%), Selenium: 2.22µg (3.17%)