



## Spaghetti Squash and Chard Sauté



Gluten Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 pound spaghetti squash
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon chili pepper flakes
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 large bunch chard chopped
- ☐ 2 teaspoons apple cider vinegar

- ☐ 4 servings salt and pepper to taste
- ☐ 0.8 cup parmesan cheese freshly grated

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ roasting pan

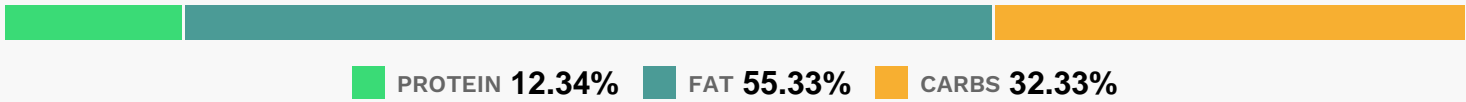
## Directions

- ☐ Bake the spaghetti squash: Preheat your oven to 375°F. Use a very sharp paring knife and poke the spaghetti squash all over, at least an inch deep, about 12 cuts (this is to prevent the pressure from building up as the squash cooks).
- ☐ Place the squash in a roasting pan or rimmed baking sheet and bake in the oven for one hour.
- ☐ Remove from the oven and let rest for a few minutes. Then cut the squash in half, lengthwise. (If the squash is not easy to cut, return it to the oven for another 15 minutes.)
- ☐ Scoop out the seeds, discard (or save to roast later – see roasted pumpkin seeds recipe).
- ☐ Scrape out the spaghetti squash strands: Use a fork to scrape the inside flesh of the squash into long thin strands.
- ☐ Place the spaghetti squash strands in a large bowl and set aside.
- ☐ Heat olive oil in a large sauté pan on medium heat.
- ☐ Add the garlic, chili pepper flakes, and rosemary and cook for about 30 seconds, until fragrant. Do not let the garlic brown.
- ☐ Add the spaghetti squash to the pan and toss to coat with the oil and garlic mixture.
- ☐ Add the chopped fresh chard leaves and parsley and toss with the spaghetti squash. Cook until the chard leaves have wilted, a few minutes.
- ☐ Remove from heat and sprinkle on vinegar.
- ☐ Add the grated Parmesan and toss to coat.

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Add salt and pepper to taste.

# Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:23.048695538355%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 2.91mg, Myricetin: 2.91mg, Myricetin: 2.91mg, Myricetin: 2.91mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 265.9kcal (13.29%), Fat: 17.32g (26.64%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 17.78g (6.46%), Sugar: 7.58g (8.43%), Cholesterol: 16.31mg (5.44%), Sodium: 725.54mg (31.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin K: 692.89µg (659.9%), Vitamin A: 5358.82IU (107.18%), Vitamin C: 33.64mg (40.77%), Manganese: 0.64mg (31.97%), Calcium: 268.87mg (26.89%), Magnesium: 98.9mg (24.72%), Vitamin E: 3.37mg (22.47%), Fiber: 5g (19.99%), Phosphorus: 187.95mg (18.79%), Vitamin B6: 0.36mg (18.16%), Potassium: 611.55mg (17.47%), Iron: 2.52mg (14%), Vitamin B3: 2.68mg (13.38%), Copper: 0.24mg (12.18%), Selenium: 8.25µg (11.79%), Folate: 46.47µg (11.62%), Vitamin B5: 1.09mg (10.87%), Zinc: 1.61mg (10.71%), Vitamin B2: 0.18mg (10.7%), Vitamin B1: 0.13mg (8.79%), Vitamin B12: 0.25µg (4.22%)