



Spaghetti Squash and Meatballs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 green onions chopped
- ☐ 2 pounds ground chicken
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated

- ☐ 6 servings parmesan cheese
- ☐ 2 teaspoons salt
- ☐ 4.5 lb spaghetti squash
- ☐ 24 oz tomato-basil pasta sauce

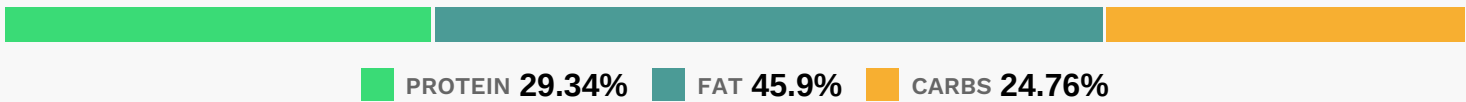
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Cut spaghetti squash in half lengthwise; discard seeds.
- ☐ Bake squash, cut sides down, on a lightly greased baking sheet at 400 for 1 hour. Cool 10 minutes.
- ☐ Combine ground chicken, green onions, parsley, 2 Tbsp. freshly grated Parmesan cheese, and salt. Shape into 24 (2-inch) balls.
- ☐ Bake at 400 for 30 minutes. Scrape inside of squash to remove spaghetti-like strands (about 6 cups). Cover and chill squash and meatballs up to 24 hours. Cook garlic in hot olive oil in a Dutch oven over medium-high heat, stirring occasionally, 1 minute.
- ☐ Add pasta sauce, diced tomatoes, and meatballs; bring to a boil. Reduce heat to medium-low; simmer 10 minutes. Microwave squash, covered with plastic wrap, at HIGH 3 minutes. Stir basil into sauce; serve over squash. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:30.478695434073%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 565.52kcal (28.28%), Fat: 29.46g (45.33%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 26.91g (9.78%), Sugar: 18.3g (20.33%), Cholesterol: 151.88mg (50.63%), Sodium: 1935.89mg (84.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.77%), Vitamin B3: 11.73mg (58.64%), Vitamin B6: 1.17mg (58.55%), Phosphorus: 545.19mg (54.52%), Vitamin K: 57.11µg (54.39%), Calcium: 507.62mg (50.76%), Potassium: 1683.97mg (48.11%), Fiber: 8.86g (35.43%), Selenium: 24.09µg (34.41%), Vitamin A: 1663.92IU (33.28%), Vitamin B2: 0.56mg (32.89%), Vitamin B5: 2.87mg (28.74%), Manganese: 0.52mg (25.78%), Zinc: 3.84mg (25.59%), Vitamin C: 20.77mg (25.17%), Magnesium: 92.04mg (23.01%), Iron: 4.1mg (22.8%), Vitamin B1: 0.33mg (21.73%), Vitamin B12: 1.23µg (20.49%), Copper: 0.34mg (17.16%), Vitamin E: 2.4mg (15.97%), Folate: 50.14µg (12.53%), Vitamin D: 0.16µg (1.06%)