



Spaghetti Squash-and-Vegetable Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 cups mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 3 ounces part-skim mozzarella cheese shredded divided

- ☐ 0.5 teaspoon salt
- ☐ 3 cups spaghetti squash cooked
- ☐ 3 cups zucchini diced

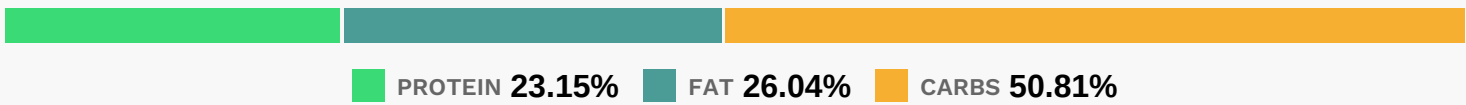
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the zucchini and mushrooms; saut 10 minutes.
- ☐ Remove from heat.
- ☐ Add 1/4 cup cheese, parsley, salt, pepper, garlic, and tomatoes.
- ☐ Combine 1/4 cup cheese and squash. Arrange squash mixture in a large gratin dish or shallow 1 1/2-quart baking dish coated with cooking spray. Spoon tomato mixture over squash.
- ☐ Combine 1/4 cup cheese and breadcrumbs; sprinkle over tomato mixture.
- ☐ Bake at 450 for 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:14.984347724396%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 134.19kcal (6.71%), Fat: 4.19g (6.44%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 14.91g (5.42%), Sugar: 7.25g (8.06%), Cholesterol: 9.07mg (3.02%), Sodium: 452.9mg (19.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Vitamin K: 49µg (46.66%), Vitamin C: 22.8mg (27.64%), Vitamin B2: 0.38mg (22.13%), Manganese: 0.42mg (20.92%), Vitamin B3: 3.84mg (19.21%), Copper: 0.36mg (17.93%), Calcium: 175.97mg (17.6%), Phosphorus: 174.66mg (17.47%), Potassium: 602.48mg (17.21%), Vitamin B6: 0.33mg (16.28%), Vitamin B1: 0.23mg (15.02%), Fiber: 3.47g (13.88%), Selenium: 9.56µg (13.66%), Folate: 51µg (12.75%), Vitamin B5: 1.24mg (12.43%), Vitamin A: 593.65IU (11.87%), Iron: 2.12mg (11.79%), Magnesium: 42.26mg (10.57%), Zinc: 1.26mg (8.42%), Vitamin E: 1.13mg (7.5%), Vitamin B12: 0.17µg (2.78%)