



Spaghetti Squash Cakes



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



195 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black as needed freshly ground plus more
- ☐ 0.8 teaspoon caraway seeds crushed toasted
- ☐ 4 teaspoons chives finely chopped
- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 teaspoon kosher salt as needed plus more
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 6 tablespoons olive oil
- ☐ 0.8 cup cream sour

- ☐ 2 pounds spaghetti squash

Equipment

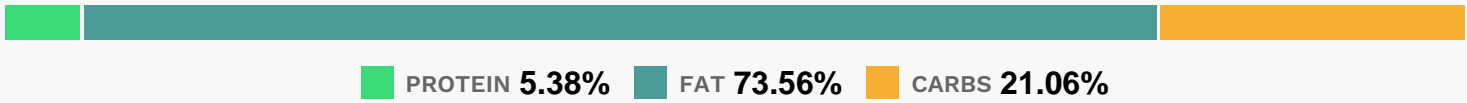
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Heat the oven to 400°F and arrange a rack in the middle.
- ☐ Cut the squash in half lengthwise and scrape out the seeds.
- ☐ Brush the flesh with 2 tablespoons of the oil and season generously with salt and pepper.
- ☐ Place the squash halves cut-side up on a baking sheet and roast until fork-tender, about 50 minutes to 1 hour.
- ☐ Remove the squash from the oven and let sit at room temperature until cool enough to handle, at least 30 minutes. Meanwhile, reduce the oven temperature to 250°F. Set a wire rack over a baking sheet and set it aside. Once the squash has cooled, scrape the flesh with a fork to make long strands and place the strands in a large bowl; discard the skin. (At this point the squash can be refrigerated for up to 1 day before proceeding with the rest of the recipe.)
- ☐ Add the cornstarch, eggs, caraway seeds, and measured salt and pepper and stir gently with a fork to combine.
- ☐ Heat 2 tablespoons of the oil in a large frying pan over medium-high heat until shimmering. Using a 1/4-cup measuring cup and avoiding any liquid at the bottom of the bowl, scoop a level portion of the squash mixture and carefully drop it into the pan. Repeat to make 4 mounds. Using a flat spatula, gently flatten each mound to about 1/2 inch thick and 3 inches wide. Fry undisturbed, adjusting the heat as necessary, until the bottoms are browned and crispy, about 3 to 4 minutes. Flip and fry until browned and crispy, about 3 minutes more.
- ☐ Transfer to the rack on the prepared baking sheet and place in the oven to keep warm.
- ☐ Add the remaining 2 tablespoons of oil to the pan and fry the remaining squash mixture.

- ☐
- Place the sour cream, chives, and lemon juice in a small bowl, season with salt and pepper, and stir to combine.
- ☐
- Serve the cakes immediately with a dollop of sour cream on top.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.7021738912748%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.79kcal (9.74%), Fat: 16.37g (25.18%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.2g (3.34%), Sugar: 3.05g (3.38%), Cholesterol: 59.22mg (19.74%), Sodium: 256.78mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin E: 1.84mg (12.25%), Vitamin K: 8.57µg (8.17%), Selenium: 5.02µg (7.17%), Vitamin B2: 0.11mg (6.44%), Vitamin A: 321.31IU (6.43%), Manganese: 0.12mg (6.08%), Vitamin B6: 0.11mg (5.68%), Vitamin B5: 0.56mg (5.58%), Fiber: 1.35g (5.39%), Phosphorus: 52.87mg (5.29%), Calcium: 49.72mg (4.97%), Folate: 17.63µg (4.41%), Vitamin B3: 0.81mg (4.03%), Potassium: 137.56mg (3.93%), Magnesium: 14.32mg (3.58%), Iron: 0.61mg (3.38%), Vitamin C: 2.7mg (3.27%), Vitamin B1: 0.04mg (2.71%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.16µg (2.61%), Copper: 0.05mg (2.42%), Vitamin D: 0.25µg (1.67%)