



Spaghetti Squash Casserole

READY IN



90 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slices bread cubed
- ☐ 8 ounce mushrooms sliced canned
- ☐ 1 teaspoon basil dried
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 3 pounds spaghetti squash halved lengthwise seeded
- ☐ 1 tablespoon vegetable oil

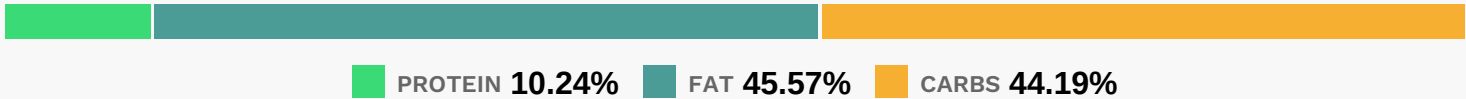
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven.
- ☐ Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the onions, mushrooms, and basil until onions are translucent and tender. Stir onion mixture and sour cream into the squash until well mixed.
- ☐ Sprinkle with Parmesan cheese and cover with bread cubes.
- ☐ Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:9.4808696923049%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 199.95kcal (10%), Fat: 10.7g (16.46%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 19.08g (6.94%), Sugar: 7.89g (8.77%), Cholesterol: 20.59mg (6.86%), Sodium: 336.93mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.45mg (22.37%), Fiber: 4.26g

(17.03%), Vitamin B3: 2.97mg (14.87%), Calcium: 132.51mg (13.25%), Selenium: 8.68µg (12.41%), Vitamin B6: 0.24mg (12.03%), Phosphorus: 116.37mg (11.64%), Vitamin B5: 1.14mg (11.35%), Vitamin B1: 0.16mg (10.98%), Folate: 41.73µg (10.43%), Magnesium: 38.08mg (9.52%), Copper: 0.19mg (9.33%), Vitamin K: 9.74µg (9.27%), Potassium: 317.16mg (9.06%), Iron: 1.53mg (8.5%), Vitamin B2: 0.14mg (8.34%), Vitamin A: 410.27IU (8.21%), Zinc: 1.04mg (6.95%), Vitamin C: 5.03mg (6.09%), Vitamin E: 0.58mg (3.85%), Vitamin B12: 0.12µg (1.94%)