

 **100%**  
HEALTH SCORE

## Spaghetti Squash Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

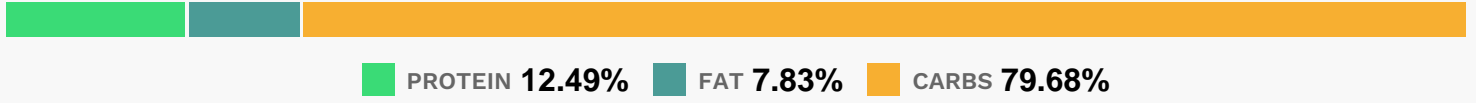
DINNER

### Ingredients

- 28 ounce canned tomatoes crushed canned
- 1 teaspoon cinnamon
- 1 lb regular corn
- 1 tablespoon curry powder
- 1 onion diced
- 1 lb peas
- 1 cup raisins
- 1 spaghetti squash

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:58.41, Glycemic Load:36, Inflammation Score:-9, Nutrition Score:36.742173913043%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

### Nutrients (% of daily need)

Calories: 463.46kcal (23.17%), Fat: 4.52g (6.96%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 103.56g (34.52%), Net Carbohydrates: 83.28g (30.29%), Sugar: 28.19g (31.32%), Cholesterol: 0mg (0%), Sodium: 321.87mg (13.99%), Protein: 16.24g (32.48%), Vitamin C: 79.11mg (95.88%), Fiber: 20.27g (81.09%), Manganese: 1.6mg (80.16%), Vitamin B6: 1.01mg (50.5%), Potassium: 1730.57mg (49.44%), Vitamin B3: 9.49mg (47.46%), Vitamin B1: 0.7mg (46.83%), Copper: 0.84mg (42.09%), Vitamin K: 43.03µg (40.98%), Folate: 163.21µg (40.8%), Iron: 6.99mg (38.82%), Magnesium: 153.3mg (38.32%), Vitamin A: 1898.89IU (37.98%), Phosphorus: 342.97mg (34.3%), Vitamin B2: 0.44mg (25.81%), Vitamin B5: 2.49mg (24.89%), Vitamin E: 3.39mg (22.61%), Zinc: 3.29mg (21.9%), Calcium: 183.4mg (18.34%), Selenium: 4.81µg (6.87%)