



Spaghetti Squash Dip

 Gluten Free

READY IN



65 min.

SERVINGS



18

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 0.5 cup mayonnaise
- 2 cups monterrey jack cheese grated
- 3 tablespoons parmesan cheese grated for topping
- 1 spaghetti squash halved seeded

Equipment

- baking sheet
- oven

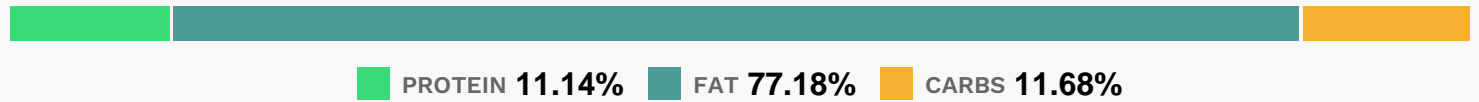
mixing bowl

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.
- Place the spaghetti squash cut side down on a lightly greased baking sheet.
- Place in preheated oven, and bake until soft when a fork is inserted., 30 to 40 minutes.
- Scoop out the cooked squash, and place in a mixing bowl.
- Add butter to the squash and stir until butter melts. Stir the mayonnaise, 1 cup Parmesan cheese, and Monterey Jack cheese into the squash mixture until well blended.
- Pour into the prepared baking dish.
- Sprinkle with 3 tablespoons Parmesan cheese.
- Bake in preheated oven until cheese melts, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.3769565146902%

Nutrients (% of daily need)

Calories: 131.89kcal (6.59%), Fat: 11.55g (17.78%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.58g (1.76%), Cholesterol: 21.29mg (7.1%), Sodium: 158.82mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Calcium: 114.62mg (11.46%), Vitamin K: 11.17µg (10.64%), Phosphorus: 69.53mg (6.95%), Vitamin A: 250.97IU (5.02%), Vitamin B2: 0.06mg (3.75%), Zinc: 0.53mg (3.51%), Selenium: 2.45µg (3.5%), Manganese: 0.07mg (3.48%), Vitamin B6: 0.07mg (3.27%), Fiber: 0.8g (3.22%), Vitamin B3: 0.52mg (2.62%), Vitamin E: 0.38mg (2.56%), Magnesium: 10.24mg (2.56%), Vitamin B5: 0.24mg (2.36%), Folate: 9.15µg (2.29%), Vitamin B12: 0.13µg (2.14%), Potassium: 71.64mg (2.05%), Vitamin B1: 0.02mg (1.52%), Iron: 0.27mg (1.52%), Vitamin C: 1.13mg (1.37%), Copper: 0.03mg (1.27%)