



Spaghetti Squash Gratins with Chunky Tomato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 56 ounce tomatoes whole drained chopped canned
- 0.3 teaspoon pepper red crushed
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 1 teaspoon kosher salt divided
- 1 teaspoon olive oil

- 2 teaspoons oregano fresh chopped
- 3 oregano sprigs
- 2 ounces parmesan cheese fresh grated
- 15 ounce carton ricotta cheese fat-free
- 2 pound spaghetti squash
- 3 thyme sprigs

Equipment

- baking sheet
- sauce pan
- oven
- ramekin

Directions

- Preheat oven to 400
- Pierce squash with a fork.
- Place squash on a baking sheet; bake at 400 for 1 hour or until tender. Cool.
- Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 4 cups.
- Heat olive oil in a large saucepan over medium heat.
- Add garlic; cook 2 minutes, stirring frequently.
- Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, crushed red pepper, tomatoes, oregano, and thyme sprigs; bring to a boil. Reduce heat, and simmer for 20 minutes or until thickened, stirring occasionally. Discard oregano and thyme sprigs.
- Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, Parmesan, and remaining ingredients. Spoon 1/2 cup squash into each of 8 (8-ounce) ramekins. Spoon tomato sauce evenly over squash; divide ricotta mixture evenly among ramekins, spreading to cover.
- Bake at 400 for 50 minutes or until lightly browned.

Nutrition Facts

PROTEIN 25.71% FAT 19.93% CARBS 54.36%

Properties

Glycemic Index:23.63, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:10.535652258474%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 137.98kcal (6.9%), Fat: 3.11g (4.79%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 15.38g (5.59%), Sugar: 8.75g (9.72%), Cholesterol: 13.32mg (4.44%), Sodium: 758.97mg (33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Calcium: 267.81mg (26.78%), Vitamin C: 21.4mg (25.94%), Manganese: 0.34mg (16.98%), Vitamin B6: 0.33mg (16.52%), Iron: 2.7mg (15.03%), Fiber: 3.72g (14.88%), Potassium: 487.34mg (13.92%), Vitamin K: 12.62µg (12.02%), Vitamin E: 1.73mg (11.51%), Vitamin B3: 2.26mg (11.31%), Phosphorus: 100.04mg (10%), Magnesium: 38.47mg (9.62%), Vitamin B2: 0.16mg (9.2%), Copper: 0.18mg (9.14%), Vitamin A: 448.01IU (8.96%), Vitamin B1: 0.13mg (8.37%), Folate: 28.45µg (7.11%), Vitamin B5: 0.57mg (5.74%), Zinc: 0.67mg (4.49%), Selenium: 2.2µg (3.14%), Vitamin B12: 0.09µg (1.42%)