



# Spaghetti Squash I

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons olives black sliced
- 0.8 cup feta cheese crumbled
- 2 tablespoons basil fresh chopped
- 1 clove garlic minced
- 1 onion chopped
- 1 spaghetti squash halved lengthwise seeded
- 1.5 cups tomatoes chopped
- 2 tablespoons vegetable oil

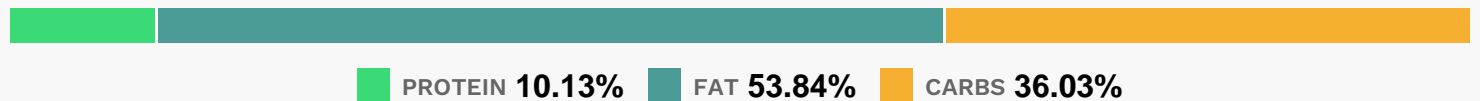
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance.
- Remove squash from oven and set aside to cool enough to be easily handled.
- Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender.
- Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
- Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:8.8100000671718%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.95mg, Quercetin:

3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

## Nutrients (% of daily need)

Calories: 160.39kcal (8.02%), Fat: 10.19g (15.68%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 12.02g (4.37%), Sugar: 6.23g (6.92%), Cholesterol: 16.69mg (5.56%), Sodium: 306.22mg (13.31%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.32g (8.63%), Vitamin K: 15.97µg (15.21%), Vitamin B6: 0.3mg (15.12%), Manganese: 0.29mg (14.43%), Calcium: 141.56mg (14.16%), Fiber: 3.33g (13.3%), Vitamin A: 633.84IU (12.68%), Vitamin C: 10.12mg (12.26%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 1.98mg (9.88%), Phosphorus: 98.05mg (9.81%), Potassium: 306.13mg (8.75%), Folate: 34.97µg (8.74%), Vitamin B5: 0.82mg (8.22%), Vitamin B1: 0.11mg (7.51%), Magnesium: 29.8mg (7.45%), Vitamin E: 0.98mg (6.51%), Zinc: 0.95mg (6.35%), Vitamin B12: 0.32µg (5.28%), Copper: 0.1mg (5.18%), Selenium: 3.5µg (4.99%), Iron: 0.81mg (4.5%)