



Spaghetti Squash II



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 1 teaspoon ground cinnamon divided
- ☐ 2 tablespoons blackstrap molasses divided
- ☐ 1 spaghetti squash halved seeded

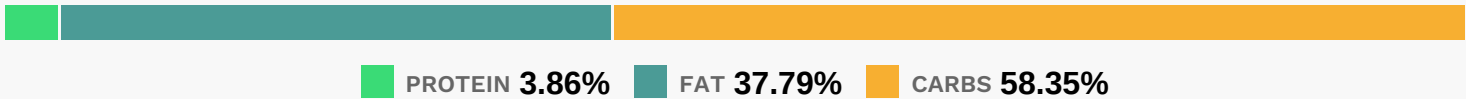
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In each squash half place a tablespoon butter, 1 tablespoon molasses and 1/2 teaspoon cinnamon.
- ☐ Place in a deep baking dish with a little water in the bottom.
- ☐ Bake in preheated oven for 1 hour, or until tender.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:3.3, Inflammation Score:-5, Nutrition Score:7.6339130485835%

Nutrients (% of daily need)

Calories: 155.26kcal (7.76%), Fat: 7.07g (10.88%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 20.67g (7.52%), Sugar: 14.15g (15.72%), Cholesterol: 15.05mg (5.02%), Sodium: 89.8mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Manganese: 0.54mg (27.1%), Vitamin B6: 0.31mg (15.59%), Fiber: 3.89g (15.55%), Magnesium: 53.61mg (13.4%), Vitamin B3: 2.4mg (11.98%), Potassium: 410.55mg (11.73%), Vitamin B5: 0.96mg (9.59%), Vitamin A: 466.08IU (9.32%), Calcium: 82.71mg (8.27%), Folate: 29.21µg (7.3%), Iron: 1.26mg (7.02%), Copper: 0.14mg (6.99%), Vitamin B1: 0.09mg (6.26%), Vitamin C: 5.09mg (6.17%), Selenium: 2.59µg (3.7%), Phosphorus: 34.07mg (3.41%), Zinc: 0.5mg (3.35%), Vitamin E: 0.49mg (3.25%), Vitamin B2: 0.05mg (2.72%), Vitamin K: 2.82µg (2.68%)