



Spaghetti Squash Primavera

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup feta cheese crumbled
- 1 large clove garlic minced
- 1 bell pepper green chopped
- 6 servings ground pepper fresh black to taste
- 2 tablespoons olive oil extra-virgin
- 1 onion chopped
- 1 tablespoon herb seasoning dried italian
- 1 spaghetti squash

- 1.5 cups tomatoes chopped
- 1 large zucchini cut into bite-size pieces

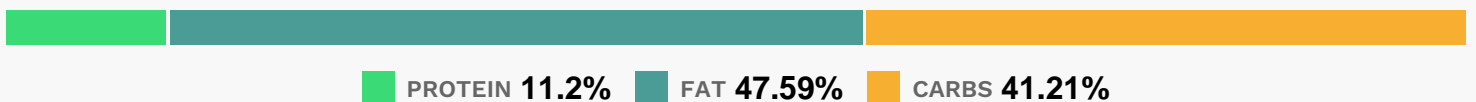
Equipment

- bowl
- frying pan
- microwave

Directions

- Pierce the shell of the spaghetti squash with a fork and place in a microwave-safe dish; cook in microwave on High for 12 minutes. Set aside to cook until cool enough to handle. Slice in half lengthwise; remove the seeds. Use a fork to pull the flesh of the squash away from the shell and place into a large bowl; fluff with the fork to separate the strands as much as possible.
- Heat the olive oil in a large skillet over medium heat. Cook and stir the onion in the hot oil until just tender, about 3 minutes.
- Add the garlic and continue cooking and stirring another 3 minutes. Stir the zucchini and green bell pepper into the mixture; season with the Italian herb seasoning and black pepper.
- Pour the tomatoes into the skillet. Continue cooking just until the tomatoes are warmed, 3 to 5 minutes.
- Add the squash to the skillet and toss until evenly mixed.
- Sprinkle with the feta cheese and toss again to serve.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:14.079565110414%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin:

0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 175.51kcal (8.78%), Fat: 10.03g (15.42%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 14.4g (5.24%), Sugar: 8.13g (9.03%), Cholesterol: 16.69mg (5.56%), Sodium: 249.42mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin C: 35.63mg (43.19%), Manganese: 0.54mg (26.81%), Vitamin K: 26.89µg (25.61%), Vitamin B6: 0.46mg (22.91%), Fiber: 5.13g (20.53%), Calcium: 188.74mg (18.87%), Vitamin A: 806.47IU (16.13%), Vitamin B2: 0.27mg (15.83%), Potassium: 510.13mg (14.58%), Folate: 55.16µg (13.79%), Phosphorus: 125.75mg (12.57%), Vitamin B3: 2.41mg (12.07%), Magnesium: 47.43mg (11.86%), Vitamin E: 1.71mg (11.39%), Iron: 1.98mg (10.99%), Vitamin B1: 0.15mg (10.11%), Vitamin B5: 0.97mg (9.73%), Zinc: 1.21mg (8.08%), Copper: 0.15mg (7.74%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.68µg (5.26%)