



Spaghetti Squash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 cups cucumbers peeled halved lengthwise thinly sliced
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 cup bell pepper diced red
- ☐ 3 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sesame seed toasted
- ☐ 3.5 pound spaghetti squash

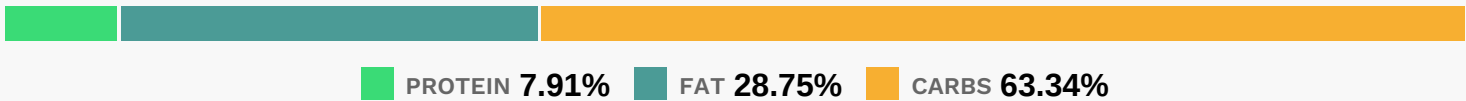
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash in half lengthwise; discard seeds.
- ☐ Place squash, cut sides down, in a 13 x 9-inch baking dish; add water to dish to a depth of 1/2 inch.
- ☐ Bake at 350 for 45 minutes or until squash is tender when pierced with a fork.
- ☐ Remove squash from water; cool. Scrape inside of squash with the tines of a fork to remove spaghetti-like strands to equal 4 cups.
- ☐ Combine rice vinegar, ginger, oil, salt, and crushed red pepper, and stir well with a whisk.
- ☐ Combine 1 tablespoon vinaigrette and cucumbers; set aside.
- ☐ Combine squash, bell pepper, chopped cilantro, and remaining vinaigrette, and toss well.
- ☐ Place squash mixture in a serving dish, and arrange cucumbers around edge of dish.
- ☐ Sprinkle salad with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:9.6526087107866%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 92.24kcal (4.61%), Fat: 3.23g (4.97%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.88g (7.65%), Cholesterol: 0mg (0%), Sodium: 229.36mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 37.57mg (45.54%), Vitamin A: 1137.33IU (22.75%), Manganese: 0.34mg (17.09%), Fiber: 3.88g (15.53%), Vitamin B6: 0.3mg (14.99%), Vitamin B3: 2.13mg (10.66%), Folate: 42.43µg (10.61%), Vitamin K: 10.46µg (9.96%), Potassium: 334.62mg (9.56%), Magnesium: 36.52mg (9.13%), Vitamin B5: 0.87mg (8.72%), Copper: 0.17mg (8.32%), Vitamin B1: 0.11mg (7.23%), Calcium: 65.97mg (6.6%), Iron: 1.02mg (5.68%), Vitamin E: 0.72mg (4.83%), Phosphorus: 48.18mg (4.82%), Vitamin B2: 0.07mg (4.25%), Zinc: 0.61mg (4.08%), Selenium: 1.16µg (1.66%)