



Spaghetti Squash Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 pounds roasted winter squash

Equipment

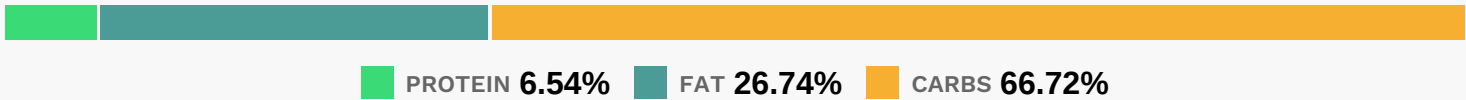
- ☐ bowl

☐ frying pan

Directions

- ☐ Rake stringy pulp from Roasted Winter Squash, using the tines of a fork, and place in a bowl. Set aside.
- ☐ Saut onion in 1 teaspoon hot oil in a large nonstick skillet over medium-high heat 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add squash, salt, pepper, and remaining 1 teaspoon oil to onion mixture in skillet, and cook, stirring occasionally, 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:4.3682609019072%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 68.74kcal (3.44%), Fat: 2.27g (3.5%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 10.07g (3.66%), Sugar: 5.02g (5.58%), Cholesterol: 0mg (0%), Sodium: 125.02mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.25mg (12.3%), Fiber: 2.68g (10.74%), Vitamin B6: 0.19mg (9.56%), Vitamin B3: 1.55mg (7.77%), Vitamin B5: 0.6mg (6.03%), Vitamin C: 4.68mg (5.67%), Potassium: 198.52mg (5.67%), Folate: 21.9µg (5.48%), Magnesium: 21.05mg (5.26%), Vitamin B1: 0.07mg (4.52%), Calcium: 42.35mg (4.24%), Vitamin A: 194.04IU (3.88%), Copper: 0.07mg (3.45%), Iron: 0.56mg (3.11%), Vitamin E: 0.41mg (2.7%), Phosphorus: 24.85mg (2.49%), Vitamin K: 2.46µg (2.34%), Zinc: 0.34mg (2.28%), Vitamin B2: 0.03mg (1.99%)