



Spaghetti Squash Slaw with Fresh Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



28 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons mint leaves fresh finely chopped
- 0.5 cup parsley fresh finely chopped
- 1 teaspoon juice of lemon fresh
- 1 tablespoon juice of lime fresh
- 2 teaspoons olive oil
- 0.3 cup onion red minced

- 0.1 teaspoon salt
- 2.5 cups spaghetti squash cooked

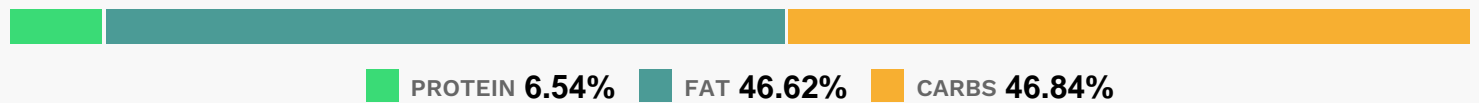
Equipment

- bowl

Directions

- Combine all the ingredients in a large bowl; toss with 2 forks. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:5.9160870054494%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 27.63kcal (1.38%), Fat: 1.57g (2.42%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 57.26mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin K: 83.59µg (79.61%), Vitamin C: 9.41mg (11.41%), Vitamin A: 538.51IU (10.77%), Manganese: 0.08mg (4.01%), Folate: 14.86µg (3.71%), Fiber: 0.89g (3.55%), Iron: 0.52mg (2.88%), Potassium: 84.24mg (2.41%), Vitamin B6: 0.05mg (2.32%), Magnesium: 8.44mg (2.11%), Calcium: 20.07mg (2.01%), Vitamin B3: 0.39mg (1.96%), Vitamin E: 0.28mg (1.87%), Vitamin B5: 0.15mg (1.47%), Copper: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.38%), Vitamin B2: 0.02mg (1.02%), Phosphorus: 10.18mg (1.02%)