



Spaghetti Squash Stir-Fry

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots (6 oz. total)
- ☐ 1 tablespoon basil dried
- ☐ 6 oz bell pepper green
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 6 oz bell pepper red
- ☐ 6 servings salt
- ☐ 3 lb spaghetti squash

☐ 0.5 cup vegetable broth

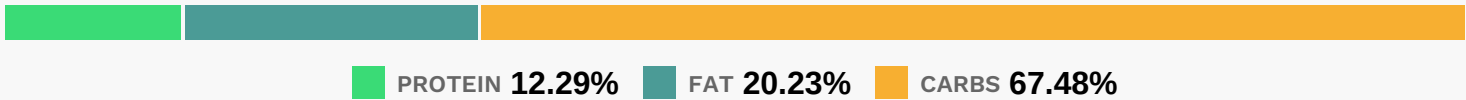
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Pierce squash in several places with a sharp knife. Set squash in a microwave oven and cook at full power (100%) until soft when pressed, 10 to 12 minutes; turn squash over after 5 minutes.
- ☐ Meanwhile, rinse, stem, and seed bell peppers. Peel carrots.
- ☐ Cut bell peppers and carrots into matchstick-size slivers.
- ☐ When squash is tender, cut open and scoop out and discard seeds. Scoop out tender squash strands and reserve.
- ☐ Set a 10- to 12-inch nonstick frying pan over high heat.
- ☐ Add bell peppers and carrots. Stir often until carrots are tender-crisp, 5 to 7 minutes.
- ☐ Add broth, basil, pepper, and squash strands. Stir until squash is hot.
- ☐ Add salt to taste.
- ☐ Pour vegetables into a dish.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:15.16260858528%

Flavonoids

Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 91.58kcal (4.58%), Fat: 2.3g (3.53%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 12.9g (4.69%), Sugar: 7.46g (8.29%), Cholesterol: 3.63mg (1.21%), Sodium: 388.95mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin A: 4665.8IU (93.32%), Vitamin C: 63.67mg (77.17%), Manganese: 0.38mg (18.83%), Vitamin K: 19.26µg (18.34%), Vitamin B6: 0.35mg (17.46%), Fiber: 4.33g (17.34%), Vitamin B3: 2.18mg (10.9%), Potassium: 374.75mg (10.71%), Folate: 41.39µg (10.35%), Calcium: 100.82mg (10.08%), Magnesium: 34.35mg (8.59%), Iron: 1.41mg (7.81%), Vitamin B5: 0.77mg (7.73%), Vitamin B1: 0.11mg (7.08%), Phosphorus: 67.86mg (6.79%), Vitamin E: 0.99mg (6.6%), Vitamin B2: 0.1mg (5.61%), Copper: 0.11mg (5.46%), Zinc: 0.69mg (4.61%), Selenium: 2.01µg (2.88%)