

Spaghetti Squash Tacos

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 jalapeno diced seeded
- 1 small onion diced
- 1 pinch salt to taste
- 1 large spaghetti squash halved seeded
- 1.3 ounce taco seasoning dry
- 12 taco shells crisp
- 2 teaspoons vegetable oil

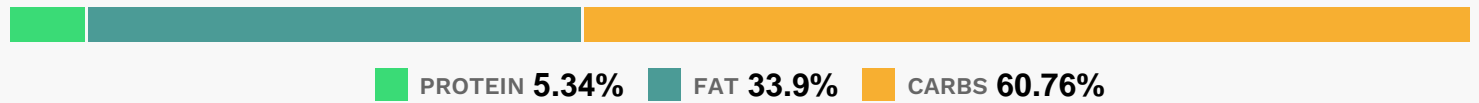
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Place the two halves of the squash with the cut sides facing down into a baking dish.
- Bake the squash in the preheated oven until tender, 30 to 40 minutes.
- Strip the squash from the rind with a fork into short strands and set aside.
- Heat the vegetable oil in a skillet over medium heat; cook the onion and jalapeno pepper in the hot oil until the onion is browned and soft, 7 to 10 minutes.
- Add the squash and taco seasoning; cook and stir the mixture for 5 minutes more. Season with salt. Stuff into taco shells to serve.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:14.31, Inflammation Score:-8, Nutrition Score:11.497826161592%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 290.75kcal (14.54%), Fat: 11.5g (17.7%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 38.3g (13.93%), Sugar: 9.75g (10.83%), Cholesterol: 0mg (0%), Sodium: 882.93mg (38.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Fiber: 8.09g (32.38%), Manganese: 0.53mg (26.65%), Vitamin A: 1164.96IU (23.3%), Vitamin B6: 0.35mg (17.63%), Vitamin C: 14.5mg (17.58%), Magnesium: 61.12mg (15.28%), Vitamin B3: 3.03mg (15.16%), Folate: 58.08µg (14.52%), Phosphorus: 118.83mg (11.88%), Vitamin B1: 0.18mg (11.77%), Iron: 1.98mg (11.02%), Potassium: 378.1mg (10.8%), Vitamin K: 10.12µg (9.64%), Calcium: 95.97mg (9.6%), Vitamin B5: 0.9mg (9.02%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (6.92%), Vitamin E: 0.88mg (5.83%), Vitamin B2: 0.08mg (4.67%), Selenium: 2.55µg (3.65%)