



Spaghetti Squash with Edamame-Cilantro Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound edamame green frozen shelled thawed (soybeans)
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.3 cups cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt divided

- ☐ 5 pound spaghetti squash
- ☐ 1 cup vegetable broth

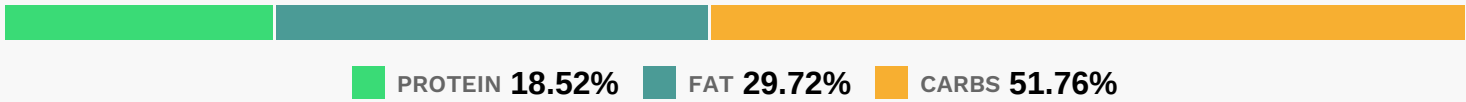
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Cut each squash in half lengthwise; discard seeds.
- ☐ Place squash halves, cut sides down, on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until tender. Cool slightly. Scrape inside of squash with a fork to remove spaghetti-like strands to measure about 8 cups.
- ☐ Place in a large bowl.
- ☐ Sprinkle with 1/4 teaspoon salt; toss gently to combine. Cover and keep warm.
- ☐ Place cilantro, broth, oil, pepper, remaining 1/4 teaspoon salt, garlic, and edamame in a food processor; pulse until coarsely chopped.
- ☐ Serve edamame pesto over squash; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:9.9939129909743%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 218.71kcal (10.94%), Fat: 7.63g (11.74%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 22.7g (8.25%), Sugar: 9.86g (10.95%), Cholesterol: 3.21mg (1.07%), Sodium: 473.54mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Fiber: 7.22g (28.89%), Manganese: 0.38mg (18.92%), Potassium: 657.95mg (18.8%), Calcium: 184.54mg (18.45%), Iron: 3.01mg (16.73%), Vitamin B6: 0.29mg (14.65%), Vitamin K: 14.39µg (13.7%), Vitamin A: 667.86IU (13.36%), Vitamin B3: 2.61mg (13.04%), Vitamin B5: 1.01mg (10.14%), Magnesium: 35.55mg (8.89%), Folate: 34.65µg (8.66%), Vitamin C: 6.85mg (8.3%), Vitamin B1: 0.11mg (7.03%), Phosphorus: 68.26mg (6.83%), Copper: 0.11mg (5.63%), Vitamin E: 0.78mg (5.2%), Zinc: 0.67mg (4.46%), Vitamin B2: 0.07mg (4.16%), Selenium: 2.04µg (2.92%)