



## Spaghetti Squash with Lemon and Capers

 Vegetarian  Gluten Free  Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons capers drained
- 4 tablespoons juice of lemon fresh
- 4 tablespoons olive oil extra-virgin
- 4 tablespoons parsley leaves chopped
- 0.3 cup bell pepper diced red
- 4 servings salt and pepper
- 2 large spaghetti squash
- 8 tablespoons butter sweet

- 0.3 cup julienne tomato concasse peeled seeded ( and )
- 0.3 cup zucchini diced (rind only)

## Equipment

- frying pan
- baking sheet
- oven
- mixing bowl
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Cut both squash in 1/2 lengthwise and scoop out all seeds. Rub them inside and out with the oil and season with salt and pepper.
- Place the squash cut side down on a sheet pan or cookie sheet and cover with foil.
- Place in the oven and cook until the rind is slightly soft or gives with a little pressure, about 20 minutes. When they are done, scrape the meat out with a fork and reserve, keeping warm.
- In a hot skillet, melt the butter and continue to cook until dark brown.
- Add the capers, zucchini, and bell pepper to stop the butter from cooking any further, and cook, stirring, until tender. Stir in the lemon juice and parsley and season with salt and pepper.
- In a large mixing bowl mix the squash, butter sauce, and tomatoes and serve.

## Nutrition Facts



**PROTEIN 2.99%** **FAT 69.09%** **CARBS 27.92%**

## Properties

Glycemic Index:41.75, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:19.490434815054%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

## **Nutrients (% of daily need)**

Calories: 485.26kcal (24.26%), Fat: 39.63g (60.97%), Saturated Fat: 16.92g (105.78%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 28.1g (10.22%), Sugar: 14.6g (16.22%), Cholesterol: 60.2mg (20.07%), Sodium: 570.79mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin K: 82.84µg (78.9%), Vitamin C: 36.02mg (43.66%), Vitamin A: 2007.11IU (40.14%), Manganese: 0.65mg (32.5%), Fiber: 7.93g (31.73%), Vitamin B6: 0.55mg (27.35%), Vitamin B3: 4.87mg (24.36%), Vitamin E: 3.59mg (23.92%), Folate: 76.32µg (19.08%), Vitamin B5: 1.86mg (18.59%), Potassium: 629.48mg (17.99%), Magnesium: 66.26mg (16.56%), Vitamin B1: 0.2mg (13.32%), Calcium: 128.87mg (12.89%), Iron: 2mg (11.13%), Copper: 0.21mg (10.66%), Phosphorus: 76.18mg (7.62%), Vitamin B2: 0.13mg (7.36%), Zinc: 1.07mg (7.13%), Selenium: 1.82µg (2.6%)