



Spaghetti Squash with Moroccan Spices

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon ground pepper
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.8 teaspoon salt
- 3.5 pound spaghetti squash
- 4 tablespoons butter unsalted cut into pieces

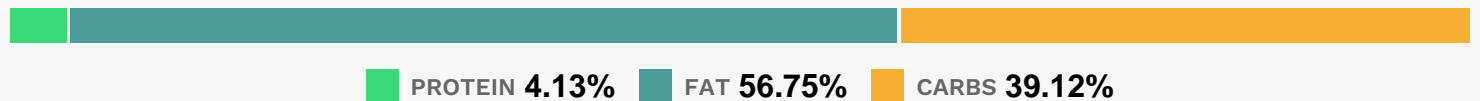
Equipment

- bowl
- sauce pan
- oven
- knife
- microwave

Directions

- Pierce squash (about an inch deep) all over with a small sharp knife to prevent bursting. Cook in an 800-watt microwave oven on high power (100 percent) for 6 to 7 minutes. Turn squash over and microwave until squash feels slightly soft when pressed, 8 to 10 minutes more. Cool squash for 5 minutes.
- Meanwhile, melt butter in a small heavy saucepan over moderately high heat.
- Add garlic and cook, stirring, until golden, about 1 minute. Stir in spices and salt and remove from heat.
- Carefully halve squash lengthwise (it will give off steam) and remove and discard seeds. Working over a bowl, scrape squash flesh with a fork, loosening and separating strands as you remove it from skin. Toss with spiced butter and cilantro.
- Alternatively, you can bake the squash in a preheated 350°F oven for 1 to 1 1/4 hours.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:7.830869515305%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 192.84kcal (9.64%), Fat: 13.14g (20.21%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 15.94g (5.8%), Sugar: 7.82g (8.69%), Cholesterol: 30.1mg (10.03%), Sodium: 486.77mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Manganese: 0.4mg (20.13%), Fiber: 4.44g (17.75%), Vitamin B6: 0.31mg (15.38%), Vitamin A: 734IU (14.68%), Vitamin B3: 2.73mg (13.65%), Vitamin B5: 1.04mg (10.4%), Potassium: 328.21mg (9.38%), Magnesium: 37.28mg (9.32%), Folate: 34.52µg (8.63%), Vitamin C: 6.58mg (7.97%), Calcium: 77.81mg (7.78%), Vitamin B1: 0.11mg (7.47%), Iron: 1.29mg (7.15%), Copper: 0.12mg (5.94%), Vitamin E: 0.73mg (4.88%), Phosphorus: 43.27mg (4.33%), Vitamin K: 4.24µg (4.04%), Zinc: 0.6mg (4.03%), Vitamin B2: 0.06mg (3.55%), Selenium: 1.3µg (1.85%), Vitamin D: 0.21µg (1.4%)