



Spaghetti Squash with Mushrooms and Marinara

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 spaghetti squash
- ☐ 1 serving olive oil
- ☐ 1 serving salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 clove garlic minced
- ☐ 2 cups crimini mushrooms sliced
- ☐ 1 teaspoon thyme sprigs dried fresh chopped

- ☐ 4 cups pasta sauce your favorite
- ☐ 1 serving parmesan cheese grated

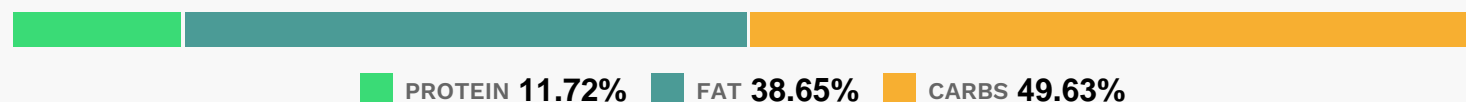
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Heat oven to 375°F.
- ☐ Cut squash in half lengthwise with sharp knife. Scoop out and discard seeds.
- ☐ Place squash halves cut side up in heavy-bottomed roasting pan.
- ☐ Brush squash with olive oil; season with salt and pepper.
- ☐ Bake 45 to 50 minutes or until fork pierces flesh of the squash easily. If squash seems to be drying out while baking, brush with an additional tablespoon of olive oil.
- ☐ Remove squash from oven; cool just enough able to handle, about 3 to 4 minutes.
- ☐ Using fork, scrape flesh from squash into "noodles" onto serving platter. If some of the strands clump or gather together, simply separate using your hands.
- ☐ In 10- to 12-inch skillet, heat 1 tablespoon olive oil over medium-high heat.
- ☐ Add garlic; cook 2 minutes.
- ☐ Add mushrooms; cook about 3 minutes longer. During last minute of cooking, stir in thyme.
- ☐ Set mushrooms aside.
- ☐ Ladle heated marinara sauce over spaghetti squash. Top with mushrooms and a generous amount of grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:4.29, Inflammation Score:-9, Nutrition Score:20.202173782432%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 236.63kcal (11.83%), Fat: 11.26g (17.32%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 24.94g (9.07%), Sugar: 16.02g (17.8%), Cholesterol: 6.53mg (2.17%), Sodium: 1384.51mg (60.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Potassium: 1169.57mg (33.42%), Vitamin E: 4.89mg (32.62%), Manganese: 0.64mg (32.13%), Vitamin B3: 6.11mg (30.55%), Fiber: 7.6g (30.39%), Vitamin A: 1439.23IU (28.78%), Vitamin C: 23.25mg (28.19%), Copper: 0.56mg (27.96%), Vitamin B6: 0.54mg (27.03%), Vitamin B2: 0.41mg (24.01%), Vitamin B5: 2.2mg (21.97%), Selenium: 14.29µg (20.41%), Iron: 3.42mg (18.99%), Phosphorus: 187.55mg (18.75%), Magnesium: 72.57mg (18.14%), Calcium: 166.08mg (16.61%), Folate: 60.72µg (15.18%), Vitamin K: 13.39µg (12.75%), Vitamin B1: 0.19mg (12.41%), Zinc: 1.74mg (11.58%), Vitamin B12: 0.14µg (2.29%)