



WHATSheATE



Spaghetti Squash with Parmesan and Pine Nuts

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 spaghetti squash
- ☐ 1 tablespoon butter
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 serving salt and pepper

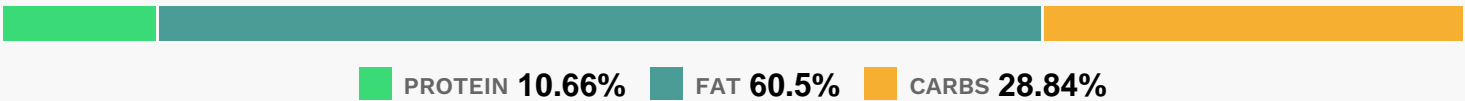
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with foil. Set aside.
- ☐ Using sharp knife, cut squash in half lengthwise. Use spoon to remove seeds.
- ☐ Place squash halves cut sides down on cookie sheet.
- ☐ Bake until knife can be inserted with just a little bit of resistance, about 30 minutes.
- ☐ Cool slightly. Using fork, gently remove strands of cooked squash. Measure out 6 cups of the squash, and place in large bowl.
- ☐ Cut butter into small cubes, and add to warm squash. Stir in gently to melt butter.
- ☐ Add pine nuts, Parmesan cheese, basil and oregano. Season to taste with salt and pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.3900000303984%

Nutrients (% of daily need)

Calories: 133.54kcal (6.68%), Fat: 9.64g (14.83%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.14g (2.96%), Sugar: 3.65g (4.05%), Cholesterol: 9.2mg (3.07%), Sodium: 165.62mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Manganese: 0.91mg (45.56%), Phosphorus: 103.4mg (10.34%), Magnesium: 38.67mg (9.67%), Calcium: 88.19mg (8.82%), Fiber: 2.2g (8.8%), Copper: 0.16mg (8.03%), Vitamin B3: 1.53mg (7.66%), Vitamin K: 7.71µg (7.34%), Zinc: 1.05mg (7.02%), Vitamin E: 1.05mg (6.97%),

Vitamin B6: 0.14mg (6.85%), Potassium: 195.87mg (5.6%), Iron: 0.97mg (5.4%), Vitamin B1: 0.08mg (5.16%), Vitamin A: 247.67IU (4.95%), Vitamin B5: 0.48mg (4.85%), Folate: 18.27µg (4.57%), Vitamin B2: 0.06mg (3.79%), Selenium: 2.63µg (3.76%), Vitamin C: 2.61mg (3.16%), Vitamin B12: 0.09µg (1.46%)