



Spaghetti Squash with Ricotta and Gremolata



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small clove garlic finely chopped
- ☐ 4 strips lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parsley coarsely chopped
- ☐ 15 servings salt and pepper black freshly ground
- ☐ 1 cup whole-milk ricotta
- ☐ 2 lb spaghetti squash

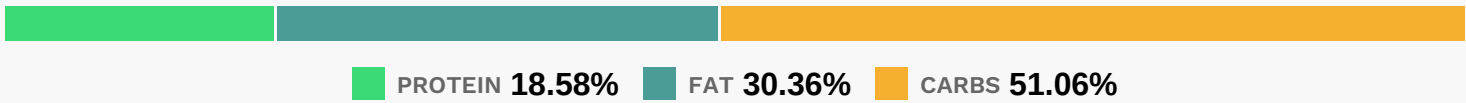
Equipment

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

Directions

- ☐ Preheat oven to 350F.
- ☐ Cut squash in half lengthwise and scoop out seeds.
- ☐ Place squash cut side up in a large baking dish, drizzle with olive oil and season with 1/4 tsp. each salt and pepper. Cover dish with foil.
- ☐ Bake for 45 to 60 minutes or until flesh is tender when pierced with a knife. Set aside to cool slightly, about 10 minutes.
- ☐ Make gremolata: Slice lemon zest lengthwise into thin matchsticks, then chop.
- ☐ Add zest to a bowl with parsley, garlic and 1/4 tsp. each salt and pepper.
- ☐ Using a fork, scrape flesh from squash in long strands. Season with salt and pepper. (You should have about 3 1/2 cups.) Divide squash among 4 bowls; top each with 1/4 cup ricotta and about 1 Tbsp. gremolata.
- ☐ Drizzle with additional olive oil, if desired.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.0165217590073%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.64kcal (1.78%), Fat: 1.19g (1.83%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.73g (1.92%), Cholesterol: 2.62mg (0.87%), Sodium: 25.06mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 14.24µg (13.56%), Calcium: 38.39mg (3.84%), Manganese: 0.07mg (3.55%), Fiber: 0.73g (2.91%), Vitamin C: 2.37mg (2.88%), Vitamin A: 119.62IU (2.39%), Vitamin B6: 0.05mg (2.37%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.16mg (1.61%), Folate: 6.43µg (1.61%), Potassium: 53.37mg (1.52%), Magnesium: 5.81mg (1.45%), Vitamin E: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.15%), Iron: 0.2mg (1.13%)