



 **100%**
HEALTH SCORE

Spaghetti Squash with Roasted Brussels Sprouts and Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



5

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 servings almonds sliced
- 1 pound brussels sprouts
- 15 ounces chickpeas rinsed drained
- 2 teaspoons basil dried
- 3 cloves garlic pressed
- 1.5 teaspoon juice of lemon
- 1 medium onion halved thinly sliced

- 0.3 teaspoon pepper red to taste (or)
- 5 servings salt and pepper black to taste
- 1 spaghetti squash
- 0.5 cup vegetable stock

Equipment

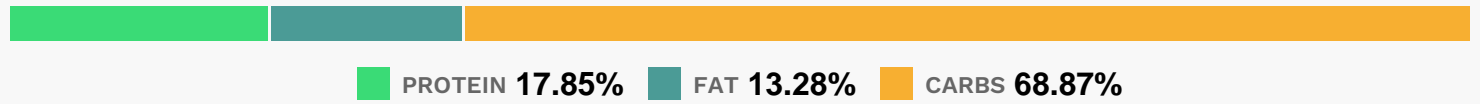
- bowl
- frying pan
- baking sheet
- oven
- knife
- aluminum foil
- skewers

Directions

- Pierce a spaghetti squash 8-10 times with a skewer or thin knife (pierce deeply through flesh into center).
- Place on a baking sheet on center rack of oven.
- Bake for 30 minutes and then turn 1/4 turn.
- Bake another 30 minutes or until outside has browned in places and shell feels soft.
- Remove from oven and set aside until cool enough to handle. Once it's cool, cut it in half and remove and discard the seeds and scrape the strands of squash out with a fork.
- Put the squash into a bowl and set aside. While the squash is cooking, prepare the Brussels sprouts. Trim and discard the ends and cut the sprouts in half (quarter larger sprouts).
- Place on a baking sheet and spray quickly (2 seconds) with olive oil. (This prevents burning; if you don't want to use the oil, cover loosely with a sheet of aluminum foil.) When the squash has almost finished cooking, put the sprouts into the oven and bake for about 15 minutes, stirring halfway through.
- Remove them when they are just beginning to be touched by brown but are not burning (they will finish cooking in the skillet in the next step). In a large, deep, non-stick skillet, cook the onions on medium-high heat until they become golden, about 5-6 minutes.

- Add the Brussels sprouts, garlic, and vegetable broth and cover tightly. Cook for 3–5 minutes, adding more broth or water if skillet becomes dry.
- Add the chickpeas, basil, and red pepper flakes. Stir in the spaghetti squash, and toss gently to mix. Cook until heated through.
- Add salt and pepper to taste, along with lemon juice.
- Serve topped with crushed or sliced almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:6.6, Inflammation Score:-9, Nutrition Score:29.110434863878%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 258.35kcal (12.92%), Fat: 4.14g (6.37%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 34.76g (12.64%), Sugar: 12.65g (14.06%), Cholesterol: 0mg (0%), Sodium: 352.41mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.03%), Vitamin K: 172.79µg (164.57%), Vitamin C: 85.05mg (103.09%), Manganese: 1.55mg (77.3%), Folate: 231.04µg (57.76%), Fiber: 13.53g (54.14%), Vitamin B6: 0.57mg (28.51%), Iron: 4.82mg (26.78%), Potassium: 869.68mg (24.85%), Phosphorus: 244.11mg (24.41%), Copper: 0.47mg (23.42%), Magnesium: 93.3mg (23.33%), Vitamin B1: 0.31mg (20.86%), Vitamin A: 1022.11IU (20.44%), Vitamin B3: 3.06mg (15.32%), Zinc: 2.17mg (14.48%), Calcium: 144.7mg (14.47%), Vitamin B5: 1.27mg (12.67%), Vitamin B2: 0.2mg (11.49%), Vitamin E: 1.69mg (11.28%), Selenium: 5.62µg (8.03%)