



Spaghetti Squash With Sausage

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

1065 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 8 links sausage italian hot pork, chicken or turkey;
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion halved thinly sliced
- ☐ 4 servings parmesan cheese freshly grated for topping
- ☐ 1 bell pepper red thinly sliced

☐ 2 pounds spaghetti squash

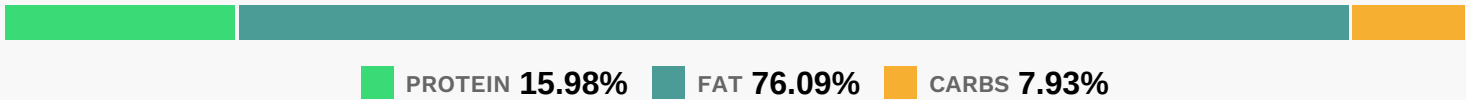
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ microwave
- ☐ colander
- ☐ grill pan

Directions

- ☐ Halve the squash lengthwise and scoop out the seeds.
- ☐ Put the squash, cut-side up, in a large microwave-safe bowl and drizzle with 1 tablespoon olive oil and 1 tablespoon water. Season with salt and pepper. Cover tightly with plastic wrap and microwave until tender, about 20 minutes. Scoop out the flesh into a colander (use a towel to hold the squash) and shred with 2 forks.
- ☐ Meanwhile, heat a grill pan over medium heat. Grill the sausages, turning, until cooked through, about 20 minutes.
- ☐ Heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat.
- ☐ Add the bell pepper, onion and 1 teaspoon salt and cook until softened, about 5 minutes.
- ☐ Add the garlic and cook until the vegetables begin to brown, about 4 more minutes. Toss in the squash and parsley and season with salt and pepper.
- ☐ Serve with the sausages and sprinkle with parmesan.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:35.591304157091%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 1065.28kcal (53.26%), Fat: 90.15g (138.69%), Saturated Fat: 31.57g (197.29%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.5g (6.37%), Sugar: 6.92g (7.69%), Cholesterol: 196.34mg (65.45%), Sodium: 2388.33mg (103.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.59g (85.17%), Selenium: 66.81µg (95.45%), Vitamin B1: 1.37mg (91.56%), Vitamin K: 71.36µg (67.96%), Vitamin C: 53.2mg (64.48%), Phosphorus: 546.64mg (54.66%), Vitamin B6: 0.99mg (49.56%), Vitamin B3: 9.21mg (46.05%), Vitamin B12: 2.44µg (40.72%), Zinc: 5.78mg (38.57%), Calcium: 357.72mg (35.77%), Vitamin A: 1700.72IU (34.01%), Vitamin B2: 0.55mg (32.12%), Potassium: 922.68mg (26.36%), Manganese: 0.44mg (22.23%), Iron: 3.77mg (20.94%), Vitamin B5: 1.97mg (19.67%), Magnesium: 69.57mg (17.39%), Folate: 63.68µg (15.92%), Vitamin E: 2.38mg (15.86%), Fiber: 3.65g (14.59%), Copper: 0.27mg (13.73%)