



Spaghetti Squash with Sautéed Spinach

 Gluten Free

READY IN



58 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter cut into pieces
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 large garlic clove minced sliced
- ☐ 8 ounce mushrooms wild mixed sliced
- ☐ 1 ounce parmesan shaved
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 1 teaspoon salt divided
- ☐ 3 pound spaghetti squash
- ☐ 0.3 cup wine

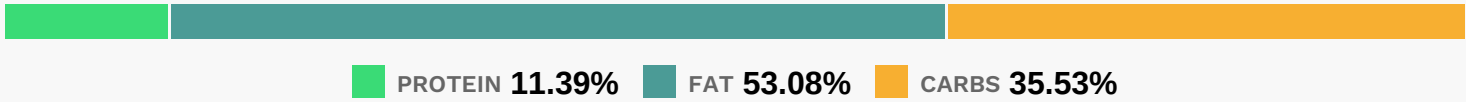
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut squash in half lengthwise; discard seeds.
- ☐ Bake squash, cut sides down, on a lightly buttered baking sheet 30 to 40 minutes or until flesh is tender when pierced with a fork. Scrape inside of squash to remove spaghetti-like strands.
- ☐ Transfer to a serving platter; toss with butter and 1/2 teaspoon salt. Cover and keep warm.
- ☐ Heat oil in a large deep skillet over medium-high heat.
- ☐ Add mushrooms, next 3 ingredients, and remaining 1/2 teaspoon salt; cook 5 minutes or until mushrooms are tender and liquid evaporates. Stir in wine; bring to a boil.
- ☐ Add spinach and cook, stirring occasionally, 2 minutes or until wilted.
- ☐ Spoon mushroom mixture onto spaghetti squash, and sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:18.106521863004%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg,
Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin:
0.16mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 134.38kcal (6.72%), Fat: 8.26g (12.71%), Saturated Fat: 3.03g (18.97%), Carbohydrates: 12.44g (4.15%), Net
Carbohydrates: 8.94g (3.25%), Sugar: 4.3g (4.78%), Cholesterol: 9.93mg (3.31%), Sodium: 428.25mg (18.62%),
Alcohol: 0.77g (100%), Alcohol %: 0.46% (100%), Protein: 3.99g (7.98%), Vitamin K: 209.1µg (199.15%), Vitamin A:
4266.51IU (85.33%), Manganese: 0.63mg (31.47%), Folate: 101.15µg (25.29%), Vitamin C: 14.72mg (17.84%), Vitamin
B6: 0.31mg (15.29%), Magnesium: 56.53mg (14.13%), Fiber: 3.51g (14.04%), Potassium: 468.48mg (13.39%), Vitamin
B3: 2.59mg (12.93%), Calcium: 115.97mg (11.6%), Vitamin E: 1.64mg (10.92%), Vitamin B2: 0.18mg (10.54%), Iron:
1.74mg (9.69%), Phosphorus: 95.3mg (9.53%), Vitamin B5: 0.92mg (9.17%), Copper: 0.15mg (7.28%), Zinc: 0.87mg
(5.8%), Vitamin B1: 0.09mg (5.72%), Selenium: 3.37µg (4.81%)