



Spaghetti Squash with Tomato-Basil Sauce

 **Gluten Free**

READY IN



90 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 14.5 ounce canned tomatoes diced canned
- 0.5 cup basil fresh divided chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 6 tablespoons pecorino romano cheese shredded
- 3 pound spaghetti squash

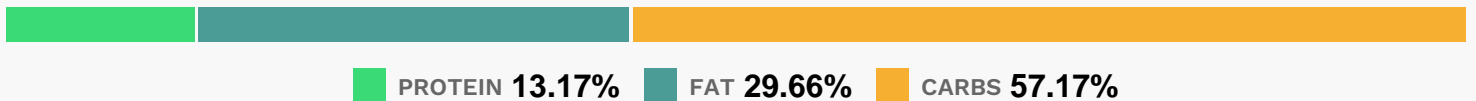
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 35
- Cut squash in half lengthwise. Scoop out seeds; discard.
- Place squash halves, cut sides down, on a baking sheet coated with cooking spray.
- Bake at 350 for 1 hour or until tender.
- Heat oil in a medium saucepan over medium heat.
- Add garlic; cook 3 minutes, stirring occasionally.
- Add tomatoes; bring to a simmer. Cook for 15 minutes or until thickened.
- Remove from heat; stir in 1/3 cup basil.
- Cool squash at room temperature for 10 minutes or until cool enough to handle. Scrape inside of squash with a fork to remove spaghetti-like strands to measure about 5 cups. Divide squash evenly among 6 plates; top each serving with about 1/3 cup sauce and 1 tablespoon cheese. Top with remaining basil.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:2.96, Inflammation Score:-6, Nutrition Score:12.047826076979%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.69kcal (6.78%), Fat: 5g (7.69%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.53g (11.7%), Cholesterol: 5.2mg (1.73%), Sodium: 268.54mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Manganese: 0.49mg (24.64%), Fiber: 5.07g (20.29%), Vitamin C: 16.66mg (20.19%), Vitamin B6: 0.39mg (19.4%), Vitamin K: 18.54µg (17.66%), Potassium:

589.62mg (16.85%), Vitamin B3: 3.23mg (16.17%), Copper: 0.32mg (16.13%), Vitamin E: 2.29mg (15.24%), Calcium: 142.2mg (14.22%), Iron: 2.41mg (13.4%), Magnesium: 50.31mg (12.58%), Vitamin A: 614.17IU (12.28%), Vitamin B1: 0.17mg (11.13%), Phosphorus: 103.82mg (10.38%), Vitamin B5: 0.99mg (9.92%), Folate: 38.88µg (9.72%), Vitamin B2: 0.12mg (7.14%), Zinc: 0.83mg (5.55%), Selenium: 2.18µg (3.11%)