



Spaghetti Squash With White Bean Provençal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 32 ounce navy beans drained canned
- 14.5 ounce canned tomatoes undrained canned
- 1 teaspoon roasted garlic-flavored vegetable oil
- 2 cups leek thinly sliced (1 leek)
- 2 tablespoons olives ripe chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

2.5 pound spaghetti squash

Equipment

sauce pan

oven

baking pan

Directions

Preheat oven to 35

Wash squash; cut in half lengthwise.

Remove and discard seeds.

Place squash, cut sides down, in a 13- x 9-inch baking dish coated with cooking spray.

Add water to depth of 1/2 inch.

Bake at 350 for 45 minutes or until tender when pierced with a fork; let cool slightly. Using a fork, scrape spaghetti-like strands onto a platter; set aside, and keep warm.

Coat a saucepan with cooking spray; add oil.

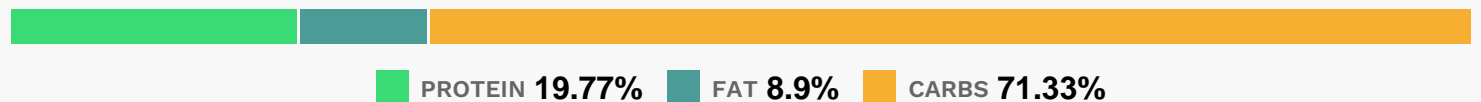
Place over medium-high heat until hot.

Add leek; cook, stirring constantly, 3 minutes or until tender.

Add beans and tomatoes; cook over medium heat 5 minutes. Stir in olives and next 3 ingredients; cook until thoroughly heated. Spoon bean mixture over squash.

Garnish with celery leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:29.589130318683%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 397.18kcal (19.86%), Fat: 4.16g (6.4%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 75.01g (25%), Net Carbohydrates: 57.51g (20.91%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 1403.52mg (61.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.59%), Manganese: 1.53mg (76.29%), Fiber: 17.5g (70.01%), Folate: 206.75µg (51.69%), Magnesium: 164.9mg (41.22%), Iron: 7.16mg (39.76%), Copper: 0.8mg (39.76%), Phosphorus: 377.64mg (37.76%), Potassium: 1259.63mg (35.99%), Vitamin B6: 0.7mg (34.82%), Vitamin K: 35.61µg (33.92%), Vitamin B1: 0.5mg (33.27%), Vitamin E: 4.02mg (26.82%), Vitamin C: 20.61mg (24.98%), Vitamin A: 1220.71IU (24.41%), Vitamin B3: 4.46mg (22.31%), Calcium: 217.9mg (21.79%), Selenium: 14.86µg (21.23%), Zinc: 2.47mg (16.44%), Vitamin B5: 1.47mg (14.65%), Vitamin B2: 0.23mg (13.43%)