



Spaghetti Squash with White Beans Provençale



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 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
- 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
- 1 teaspoon vegetable oil

Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350
- 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; 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; saut 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.
- carbo rating: 36

Nutrition Facts



PROTEIN 19.72% **FAT 9.14%** **CARBS 71.14%**

Properties

Glycemic Index:38, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:29.633043537969%

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: 398.29kcal (19.91%), Fat: 4.28g (6.59%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 75.01g (25%), Net Carbohydrates: 57.51g (20.91%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 1403.5mg (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%), Copper: 0.8mg (39.76%), Iron: 7.15mg (39.73%), Phosphorus: 377.64mg (37.76%), Potassium: 1259.62mg (35.99%), Vitamin K: 37.08µg (35.31%), Vitamin B6: 0.7mg (34.82%), Vitamin B1: 0.5mg (33.27%), Vitamin E: 3.97mg (26.47%), Vitamin C: 20.61mg (24.98%), Vitamin A: 1220.71IU (24.41%), Vitamin B3: 4.46mg (22.31%), Calcium: 217.89mg (21.79%), Selenium: 14.86µg (21.23%), Zinc: 2.47mg (16.44%), Vitamin B5: 1.47mg (14.65%), Vitamin B2: 0.23mg (13.43%)