



Spaghetti with Squash

READY IN



35 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lb spaghetti squash
- ☐ 4 oz pasta like spaghetti uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 0.5 teaspoon garlic salt

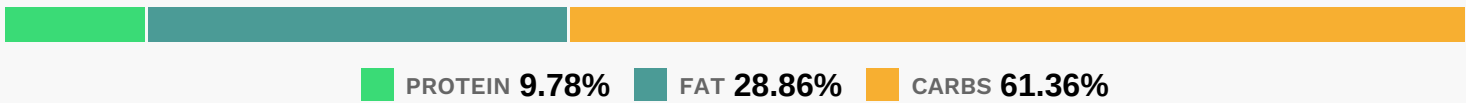
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Prick squash with fork; place on microwavable paper towel in microwave oven. Microwave on High 8 minutes; turn squash over. Microwave 8 to 11 minutes longer or until tender.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, cook and drain spaghetti as directed on package; return spaghetti to saucepan.
- ☐ Cut squash lengthwise in half; remove seeds and fibers. Reserve one half for another use. From other half, remove spaghetti-like strands with 2 forks; reserve shell.
- ☐ Add squash and remaining ingredients to spaghetti in saucepan; toss. Return spaghetti mixture to squash shell to serve.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:5.71, Inflammation Score:-8, Nutrition Score:9.2630434552936%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 163.71kcal (8.19%), Fat: 5.48g (8.43%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 22.76g (8.28%), Sugar: 5.01g (5.56%), Cholesterol: 1.45mg (0.48%), Sodium: 297.08mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin K: 47.68µg (45.41%), Manganese: 0.42mg (21.1%), Selenium: 13.05µg (18.65%), Fiber: 3.46g (13.83%), Vitamin A: 599.35IU (11.99%), Vitamin B6: 0.2mg (10.11%), Vitamin B3: 1.92mg (9.62%), Magnesium: 33.57mg (8.39%), Vitamin C: 6.74mg (8.16%), Calcium: 74.02mg (7.4%), Folate: 28.65µg (7.16%), Potassium: 245.47mg (7.01%), Phosphorus: 69.37mg (6.94%), Vitamin B5: 0.69mg (6.88%), Iron: 1.22mg (6.75%), Copper: 0.12mg (6.2%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.69mg (4.63%), Vitamin E: 0.55mg

(3.69%), Vitamin B2: 0.05mg (3.21%)