






 **58%**  
HEALTH SCORE

# Stuffed Spaghetti Squash with Tomatoes, Olives, Tuna and String Cheese

 **Gluten Free**

READY IN  
  
**13 min.**

SERVINGS  
  
**4**

CALORIES  
  
**293 kcal**

**SIDE DISH**   **LUNCH**   **MAIN COURSE**   **MAIN DISH**

## Ingredients

- 14 ounce canned tomatoes diced canned
- 0.3 cup basil leaves fresh chopped
- 4 servings salt and ground pepper black
- 2 tablespoons olive brine green (from the olive jar)
- 1 teaspoon oregano dried
- 0.5 cup pimento-stuffed olives green chopped
- 2 medium spaghetti squash halved lengthwise

- 4 servings individual string cheese sticks
- 12 ounce tuna in water white chunk drained canned

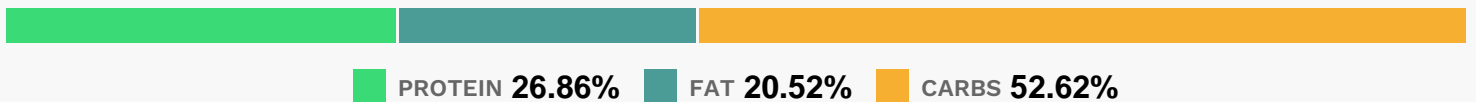
## Equipment

- bowl
- slow cooker

## Directions

- Arrange the spaghetti squash halves in the bottom of a slow cooker.
- In a medium bowl, combine the tomatoes, olives, oregano, and 1/2 teaspoon each of salt and black pepper. Spoon the mixture over the spaghetti squash.
- Pour the olive brine in the slow cooker. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
- When ready to serve, using a fork, "loosen" the squash slightly, creating spaghetti-like strands. Spoon the tomato sauce over the squash, top each piece with some tuna, string cheese, and basil and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:2.06, Inflammation Score:-9, Nutrition Score:27.682174267976%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

## Nutrients (% of daily need)

Calories: 293.01kcal (14.65%), Fat: 7.27g (11.19%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 31.87g (11.59%), Sugar: 17.83g (19.81%), Cholesterol: 31.16mg (10.39%), Sodium: 733.02mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Selenium: 59.93µg (85.61%), Vitamin B3: 14.32mg (71.62%), Vitamin B6: 0.92mg (46.15%), Manganese: 0.86mg (42.81%), Fiber: 10.08g (40.31%), Vitamin B12: 2.19µg (36.43%), Potassium: 982.66mg (28.08%), Magnesium: 102.12mg (25.53%), Iron: 4.55mg (25.28%), Vitamin C: 19.55mg (23.7%), Copper: 0.44mg (21.82%), Vitamin B5: 2.15mg (21.54%), Phosphorus: 208.78mg (20.88%), Vitamin E: 3.05mg (20.32%), Vitamin A: 1011.52IU (20.23%), Folate: 77.09µg (19.27%), Vitamin B1: 0.28mg (18.96%),

Vitamin K: 19.56µg (18.63%), Calcium: 182.74mg (18.27%), Vitamin B2: 0.21mg (12.57%), Zinc: 1.78mg (11.88%),  
Vitamin D: 1.02µg (6.8%)