

# Sweetened Spaghetti Squash

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup brown sugar
- 2 tablespoons butter cold
- 1 spaghetti squash halved lengthwise seeded

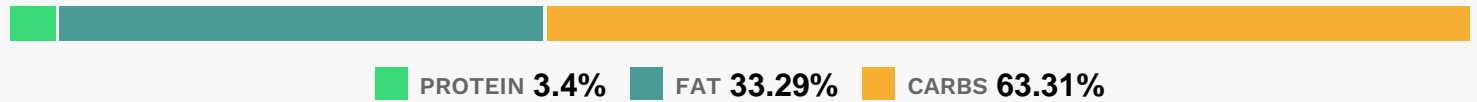
## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat an oven to 400 degrees F (200 degrees C). Line a large baking dish with aluminum foil.
- Generously spread the softened butter over the flesh of the squash; lie in the prepared baking dish with the cut sides facing down.
- Bake in the preheated oven for 30 minutes. Flip the squash and put about half the butter and about half the brown sugar in each of the cavities of the squash halves. Return to the oven until the outer shell is soft, about 10 minutes more. Spoon the flesh of the squash into a bowl to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.0843478110821%

## Nutrients (% of daily need)

Calories: 177.27kcal (8.86%), Fat: 7.05g (10.85%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 26.55g (9.66%), Sugar: 20g (22.23%), Cholesterol: 15.05mg (5.02%), Sodium: 89.9mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Manganese: 0.31mg (15.53%), Fiber: 3.62g (14.48%), Vitamin B6: 0.25mg (12.48%), Vitamin B3: 2.31mg (11.56%), Vitamin A: 464.61IU (9.29%), Vitamin B5: 0.89mg (8.95%), Potassium: 280.68mg (8.02%), Magnesium: 30.35mg (7.59%), Folate: 29.32µg (7.33%), Calcium: 68.61mg (6.86%), Vitamin C: 5.07mg (6.14%), Vitamin B1: 0.09mg (5.98%), Copper: 0.1mg (4.79%), Iron: 0.85mg (4.71%), Vitamin E: 0.48mg (3.17%), Zinc: 0.47mg (3.13%), Phosphorus: 31.2mg (3.12%), Vitamin B2: 0.05mg (2.7%), Vitamin K: 2.66µg (2.54%), Selenium: 0.96µg (1.37%)