



 **56%**
HEALTH SCORE

Tex-Mex Spaghetti Squash Boat

 **Gluten Free**

READY IN



60 min.

SERVINGS



1

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 2 green onions thinly sliced
- 0.3 cup oscar mayer real bacon bits
- 0.3 cup pasilla peppers red finely chopped
- 2.8 lb spaghetti squash

Equipment

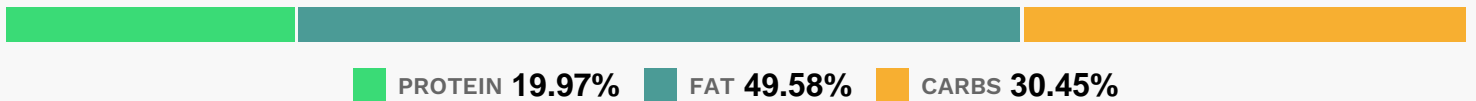
- bowl
- oven

- knife
- baking pan
- microwave

Directions

- Heat oven to 400F.
- Pierce squash in several places with tip of sharp knife or fork; place in shallow microwaveable dish. Microwave on HIGH 10 to 15 min. or until squash is softened, turning every 5 min.
- Cut squash lengthwise in half; remove and discard seeds. Scoop squash strands into large bowl.
- Add cheese, peppers and onions; mix lightly. Spoon into 1 squash shell; place in shallow baking dish. Discard remaining squash shell.
- Bake 28 to 30 min. or until heated through, topping with bacon for the last 3 min.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:44.374782458596%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 857.03kcal (42.85%), Fat: 49.71g (76.47%), Saturated Fat: 26.81g (167.56%), Carbohydrates: 68.71g (22.9%), Net Carbohydrates: 53.76g (19.55%), Sugar: 27.46g (30.51%), Cholesterol: 153.37mg (51.12%), Sodium: 1742.91mg (75.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.05g (90.09%), Vitamin C: 86.68mg (105.07%), Calcium: 1023.36mg (102.34%), Vitamin A: 3989.37IU (79.79%), Phosphorus: 645.61mg (64.56%), Manganese: 1.21mg (60.62%), Vitamin K: 62.8µg (59.81%), Fiber: 14.95g (59.81%), Vitamin B6: 1.13mg (56.58%), Selenium: 34.83µg (49.76%), Vitamin B3: 9.08mg (45.42%), Vitamin B2: 0.72mg (42.3%), Folate: 168.21µg (42.05%), Zinc: 6.05mg (40.32%), Vitamin B5: 3.83mg (38.3%), Magnesium: 147.55mg (36.89%), Potassium: 1214.54mg (34.7%), Vitamin B1: 0.4mg (26.7%), Vitamin B12: 1.2µg (19.96%), Copper: 0.39mg (19.67%), Vitamin E: 2.92mg (19.44%), Iron: 3.49mg (19.42%), Vitamin D: 0.68µg (4.52%)