



HEALTH SCORE

100%

Tex Mex Spaghetti Squash with Black Bean Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



3

CALORIES



662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados pitted
- ☐ 3 servings pepper black freshly ground to taste
- ☐ 3 servings ground chili powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 15 ounce black beans drained and rinsed cooked canned (1.5 cups beans)
- ☐ 3 servings olive oil extra virgin
- ☐ 3 servings grain sea salt to taste fine

- ☐ 3 servings ground cumin
- ☐ 2 tablespoons juice of lime fresh to taste
- ☐ 3 servings oregano dried
- ☐ 0.5 cup onion diced red
- ☐ 3 servings pepper flakes red to taste
- ☐ 3 servings salt & pepper
- ☐ 1 medium spaghetti squash
- ☐ 1 small tomatoes diced seeded

Equipment

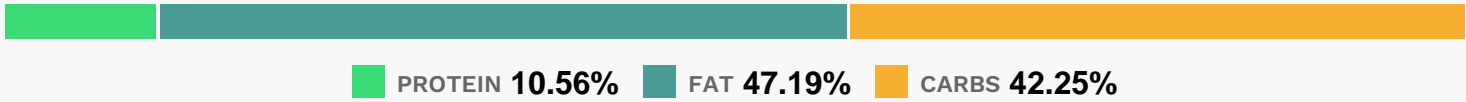
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ ice cream scoop
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Preheat oven to 375F and line a large baking sheet with parchment paper. Slice off the stem of the squash and place the squash cut side down on a cutting board. With a chef's knife, carefully slice through the squash lengthwise to create two long halves. Scoop out the seeds and guts with an ice cream scoop.
- ☐ Brush some olive oil onto the squash and sprinkle with salt and pepper.
- ☐ Place squash halves cut side down on the baking sheet and roast for 30–50 minutes, depending on how large your squash is. When the squash is tender and you can easily scrape the strands with a fork, it's ready. I like to check the squash after 25–30 minutes to make sure I'm not over cooking it. Be sure not to cook for too long or it will turn mushy. While the squash is roasting, prepare the black bean guacamole. Mash the avocado flesh in a large bowl. Fold in the onion, tomato, drained and rinsed black beans, and cilantro. Season to taste with lime juice, salt, pepper, and red pepper flakes.

Remove squash from the oven, flip over, and scrape the flesh with a fork in vertical motions. Do this until you've scraped all the strands off the skin. Now sprinkle on some chili powder, cumin, oregano, salt, and pepper (as much or as little as you want). Top the squash with guacamole and serve warm. You can also plate the spaghetti squash, if preferred.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:8.27, Inflammation Score:-10, Nutrition Score:38.296956414762%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 661.91kcal (33.1%), Fat: 37.24g (57.29%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 75.02g (25.01%), Net Carbohydrates: 46.04g (16.74%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 524.32mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Fiber: 28.98g (115.92%), Folate: 373.42µg (93.35%), Manganese: 1.46mg (73.17%), Vitamin K: 56.82µg (54.12%), Potassium: 1740.22mg (49.72%), Magnesium: 196.36mg (49.09%), Vitamin E: 7.18mg (47.83%), Vitamin B6: 0.93mg (46.41%), Vitamin A: 2154.83IU (43.1%), Vitamin B1: 0.6mg (39.99%), Copper: 0.76mg (38.03%), Iron: 6.7mg (37.21%), Vitamin C: 29.78mg (36.09%), Vitamin B5: 3.49mg (34.89%), Vitamin B3: 6.9mg (34.51%), Phosphorus: 342.43mg (34.24%), Zinc: 3.42mg (22.78%), Vitamin B2: 0.38mg (22.28%), Calcium: 179.14mg (17.91%), Selenium: 4.28µg (6.11%)