

 8%  
HEALTH SCORE

## Winter Red Sauce over Spaghetti Squash

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 6.5 ounce tomato sauce canned
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 2 cloves garlic chopped
- 1 small bell pepper green chopped
- 1 teaspoon pepper black

- 0.3 cup sausage meat gimme lean® (such as )
- 2 tablespoons seasoning dried italian
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 small onion chopped
- 2 teaspoons sea salt
- 1 spaghetti squash halved seeded
- 6 ounce canned tomatoes canned
- 0.8 cup water

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place the spaghetti squash cut side down on a baking dish. Fill the baking dish with about 1 inch of water.
- Bake in the preheated oven until the flesh of the squash is tender and the skin is easily pierced with a fork, about 45 minutes.
- After squash goes in the oven, heat the olive oil in a large skillet over medium heat. Stir in the vegan sausage, onion, bell pepper, and garlic; cook and stir until vegetables are tender, 5 to 7 minutes.
- Add mushrooms, and cook for 3 more minutes. Stir the tomato sauce, tomato paste, water, Italian seasoning, brown sugar, sea salt, and black pepper. Cover and simmer while the squash continues to cook, about 35 minutes.
- Scoop the flesh from the squash onto a plate, and use two forks to separate and fluff up the strands of squash. Top with the sauce to serve.

## Nutrition Facts



■ PROTEIN 7.76% ■ FAT 44% ■ CARBS 48.24%

## Properties

Glycemic Index:69.75, Glycemic Load:2.48, Inflammation Score:-7, Nutrition Score:17.113043318624%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

## Nutrients (% of daily need)

Calories: 306.95kcal (15.35%), Fat: 16.14g (24.83%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 32.62g (11.86%), Sugar: 23.6g (26.22%), Cholesterol: 10.17mg (3.39%), Sodium: 1577.33mg (68.58%), Alcohol: 0g (100%), Protein: 6.41g (12.81%), Vitamin C: 29.5mg (35.76%), Manganese: 0.71mg (35.51%), Fiber: 7.19g (28.77%), Vitamin K: 29.92µg (28.49%), Vitamin B6: 0.53mg (26.72%), Vitamin B3: 5.05mg (25.27%), Vitamin E: 3.58mg (23.9%), Potassium: 751.87mg (21.48%), Copper: 0.37mg (18.27%), Iron: 3.27mg (18.15%), Vitamin B5: 1.68mg (16.78%), Magnesium: 61.65mg (15.41%), Vitamin B1: 0.22mg (14.47%), Calcium: 141.27mg (14.13%), Vitamin A: 705.37IU (14.11%), Vitamin B2: 0.23mg (13.82%), Folate: 54.21µg (13.55%), Phosphorus: 110.76mg (11.08%), Zinc: 1.26mg (8.41%), Selenium: 4.07µg (5.82%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.23µg (1.54%)