



NutritionRx
Jennifer Broxterman

Spaghetti Squash (Microwaved Cooked)

Instead of picking up pasta noodles to pair with your meat sauce on spaghetti night, grab a spaghetti squash instead. It is a high-quality source of carbohydrate that is full of fibre and a very nutritious alternative to traditional pasta. It also freezes nicely – we recommend separating it and freezing it into individual portions to grab when you need a quick source of whole food carbohydrate!

Prep: 5 minutes • Total: 60 minutes

Ingredients:

Water	1 cup	250 mL
Spaghetti squash, medium	1 each	1 each

Directions:

1. Pour the water into a large glass casserole dish.
2. Cut the spaghetti squash in half lengthwise and lay each squash half with the inside facing down in the casserole dish.
3. Place the casserole dish in the microwave and cook for 20-25 minutes, until a fork can easily pierce through the squash halves.

Nutrition Facts

Serving Size (155g)
Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A --% • Vitamin C 10%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 servings (155 g / serving) • 1 serving = ~ 1 cup

Prepared By: Jennifer Broxterman, Registered Dietitian

NutritionRx • Email: info@nutritonrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca