

# Buffalo Chicken Spaghetti Squash

Yield: 2 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/buffalo-chicken-spaghetti-squash-recipes>

## Ingredients:

- 2 cups chicken cooked & shredded, or cook raw diced chicken in with the peppers & onion
- 1 spaghetti squash medium to large, cut in half
- 1 red onion medium, diced
- 2 jalapeños minced – seeds & membrane discarded if you don't like the heat
- 3 cloves garlic minced
- 3/4 cup frank 's Red Hot Sauce
- ranch dressing to drizzle – I really like the Habanero Ranch when I'm doing Whole30 which isn't really spicy at all
- green onions chopped, to garnish, optional
- salt
- pepper
- extra virgin olive oil to coat pan

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 190 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 59 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

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