

Spaghetti Squash Curry with Roasted Chickpeas

Yield: 4 min
Total Time: 1020 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-spaghetti-squash-curry-recipe>

Ingredients:

- 1 spaghetti squash
- 8 ounces tomato sauce can of
- 2 tablespoons olive oil halved
- 2 tablespoons mild curry powder
- 1 tablespoon chili powder
- 2 teaspoons sugar
- 1 1/2 teaspoons cumin
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon turmeric
- 1 can chickpeas unsalted
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon cracked black pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 63 grams
3. Fat: 17 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 1230 milligrams
8. Sugar: 7 grams

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