

Sausage Spaghetti Squash Bake

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-spaghetti-squash-recipe>

Ingredients:

- 1 pound italian sausage
- 1 spaghetti squash medium, halved and seeds removed
- 1 kale bundle of, roughly chopped
- 1 red onion halved and sliced
- 1 egg
- 1/3 cup chicken broth
- 1/2 cup coconut milk canned
- 1 garlic clove minced
- 1 tablespoon garlic powder
- 1 teaspoon tarragon
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground sage

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 140 milligrams
4. Fat: 47 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 19 grams
8. Sodium: 1510 milligrams
9. Sugar: 2 grams

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