

Spaghetti Squash and Chard Sauté

Yield: 5 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vinaigrette-recipe-apple-cider-vinegar>

Ingredients:

- 4 pounds spaghetti squash
- 4 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/4 teaspoon chili pepper flakes
- 1 teaspoon fresh rosemary minced
- 1/4 cup fresh parsley chopped
- 1 bunch chard center rib removed, leaves chopped
- 2 teaspoons apple cider vinegar
- salt
- pepper
- 3/4 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 15 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 4 grams
8. Sodium: 650 milligrams
9. Sugar: 1 grams

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