

Cheesy Garlic Spaghetti Squash

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-recipe-in-india-india>

Ingredients:

- 1 spaghetti squash medium
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 1/4 cups Italian four cheese blend divided
- 1/4 cup half and half
- 1 teaspoon dried thyme
- 3 garlic cloves minced
- 1/2 teaspoon ground pepper coarse
- 1/2 teaspoon salt
- 1 tablespoon chives chopped

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 510 milligrams

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