

Baked Spaghetti Squash with Garlic and Butter

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-italian-turkey-spaghetti-squash-pie-recipe>

Ingredients:

- 1 spaghetti squash small, about 3-4 pounds
- 2 tablespoons butter
- 2 cloves garlic finely minced
- 1/4 cup parsley finely minced, or basil
- 1/2 teaspoon salt or to taste
- 1/4 cup Parmesan cheese shredded

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 330 milligrams

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