

Paleo Spaghetti Squash Breakfast Bake

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 8 eggs whisked
- 1 sweet potato shredded
- 1 sweet onion finely diced, I ran mine through the shredded with my sweet potato
- 1 spaghetti squash halved and seeds removed
- 1 tablespoon tarragon
- 1 tablespoon thyme
- 1 tablespoon parsley
- 1 tablespoon garlic powder
- salt to taste
- pepper to taste
- 1 tablespoon fat I used bacon fat, smart

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 430 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 5 grams
8. Sodium: 440 milligrams
9. Sugar: 7 grams

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