

# Cranberry Spaghetti Squash

Yield: 4 min  
Total Time: 65 min

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

## Ingredients:

- 1 spaghetti squash medium, about 2 pounds
- 2 tablespoons buttery spread vegan, such as Earth Balance or fragrant nut oil
- 1/2 teaspoon curry powder good-quality
- 3 scallions thinly sliced
- 1/4 cup finely chopped fresh parsley
- 1/3 cup dried cranberries
- salt
- freshly ground pepper
- 1/4 cup slivered almonds or chopped walnuts, lightly toasted in a dry skillet

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 260 milligrams
9. Sugar: 3 grams

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