

TWICE BAKED SPAGHETTI SQUASH

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 386

% Daily Value *

Total Fat 20 g **31 %**

Saturated Fat 5 g **27 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 22 mg **7 %**

Sodium 1676 mg **70 %**

Potassium 257 mg **7 %**

Total

Carbohydrate 32 g **11 %**

Dietary Fiber 2 g **9 %**

Sugars 14 g

Protein 14 g **28 %**

Vitamin A **73 %**

Vitamin C **50 %**

Calcium **23 %**

Iron **5 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
