



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spaghetti Squash with Moroccan Spices ·

Spaghetti Squash with Moroccan Spices is a delicious vegan dish that combines the flavors of Moroccan cuisine with the unique texture of spaghetti squash. This dish is perfect for vegans and anyone looking for a healthy and flavorful meal. It can be enjoyed as a main course or as a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Spaghetti squash
2 tbsp	olive oil
1 medium	onion

3 cloves	garlic cloves
1 tsp	Ground Cumin
1 tsp	ground coriander
0.5 tsp	Ground Cinnamon
0.5 tsp	ground ginger
0.5 tsp	Ground Turmeric
1 tsp	Salt
0.5 tsp	Black pepper
0.25 tsp	Cayenne pepper
4 tbsp	chopped fresh cilantro
2 tbsp	lemon juice

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the spaghetti squash in half lengthwise and remove the seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the spaghetti squash halves on a baking sheet, cut side down.

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Heating

While the spaghetti squash is baking, heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Sautéing

Add onion and garlic to the skillet and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Stirring

Add ground cumin, ground coriander, ground cinnamon, ground ginger, ground turmeric, salt, black pepper, and cayenne pepper to the skillet. Stir well to combine.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Stirring

Remove the spaghetti squash from the oven and use a fork to scrape the flesh into the skillet. Stir well to coat the spaghetti squash with the spices.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Cooking

Cook for an additional 2-3 minutes, until the spaghetti squash is heated through.

Prep Time: 0 mins

Cook Time: 3 mins

Step 9

Stirring

Remove from heat and stir in chopped fresh cilantro and lemon juice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Italian

French

Mediterranean

Middle Eastern

Meal Type

Snack

Lunch

Dinner

Nutritional Content

Low Calorie

Low Fat

Low Carb

Sugar-Free

Kitchen Tools

Blender

Course

Appetizers

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Medium

Visit our website: healthdor.com