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## Cheesy Chorizo & Spaghetti Squash Egg Bake ♦♦

This Cheesy Chorizo & Spaghetti Squash Egg Bake is a delicious and hearty breakfast option. It combines the flavors of chorizo, spaghetti squash, and cheese to create a flavorful and satisfying dish. The dish is baked in the oven until the eggs are set and the cheese is melted and bubbly. It can be enjoyed as a main dish for breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 800 grams

**Number of Servings:** 4

**Serving Size:** 200 g

### Ingredients

200 g	Chorizo
500 g	Spaghetti squash
6 pieces	Eggs

<b>200 g</b>	cheddar cheese
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil
<b>100 g</b>	onion
<b>2 cloves</b>	garlic

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Roasting

Cut the spaghetti squash in half lengthwise and remove the seeds. Place the halves on a baking sheet, cut side down, and roast in the preheated oven for 30-40 minutes, or until the flesh is tender. Remove from the oven and let cool.

**Prep Time:** 10 mins

**Cook Time:** 40 mins

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### Step 3

#### Frying

While the spaghetti squash is roasting, heat olive oil in a skillet over medium heat. Add the chorizo, onion, and garlic. Cook until the chorizo is browned and the onion is softened, about 5-7 minutes. Remove from heat and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

#### Mixing

Once the spaghetti squash has cooled, use a fork to scrape the flesh into a large bowl. Add the cooked chorizo mixture, beaten eggs, cheddar cheese, salt, and black pepper. Mix well to combine.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Baking

Transfer the mixture to a greased baking dish and spread it out evenly. Bake in the preheated oven for 25-30 minutes, or until the eggs are set and the cheese is melted and bubbly.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 6

Serving

Remove from the oven and let cool for a few minutes before serving. Serve warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	14 g	63.64%	82.35%
Fat	25 g	89.29%	100%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring Summer

### Cuisines

Italian Chinese French Middle Eastern

### Meal Type

Breakfast Brunch Lunch Dinner Snack

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

### Difficulty Level

Medium

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