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Garlic & Lemon Butternut Squash Noodles ✦

This recipe features delicious garlic and lemon flavors combined with healthy butternut squash noodles. It's a perfect vegan dish that can be enjoyed as a main course or a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Butternut squash
4 cloves	garlic
2 juice	Lemon
2 tbsp	olive oil

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Cut

Peel and spiralize the butternut squash into noodle-like shapes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cut

Mince the garlic cloves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, heat the olive oil over medium heat. Add the minced garlic and cook for 2 minutes until fragrant.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add the butternut squash noodles to the skillet and toss them with the garlic oil. Cook for 5-7 minutes until the noodles are tender.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Stove

Squeeze the lemon juice over the noodles and season with salt and black pepper. Toss everything together and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	400 iu	44.44%	57.14%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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