



WHATSheATE



Italian Bean Balls and Spaghetti Squash Noodles



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



18

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 servings pepper black freshly ground to taste
- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 1 cup carrots shredded
- ☐ 0.8 teaspoon grain sea salt to taste fine
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 3 large garlic cloves minced

- ☐ 2 tablespoons ground flax mixed
- ☐ 2 tablespoons oil-packed sun-dried tomatoes finely chopped (2 large)
- ☐ 0.5 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.8 cup rolled oats gluten-free
- ☐ 0.8 cup walnuts toasted finely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

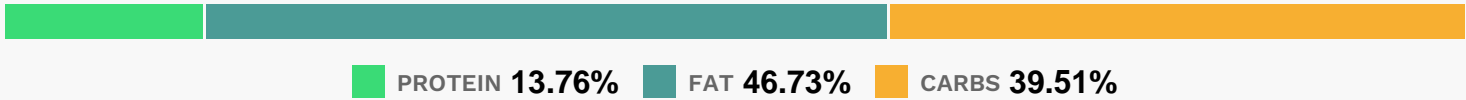
Directions

- ☐ Preheat the oven to 350F and line a large baking sheet with parchment paper. Toast the walnuts for 7–9 minutes until fragrant and golden. Meanwhile, add the oats into the food processor and process until finely chopped. You want the texture to be like a coarse flour.
- ☐ Add the grated carrot, chopped parsley, basil, sun-dried tomatoes, garlic, walnuts, and oat flour into a large bowl. Stir to combine.
- ☐ Add the drained and rinsed beans into the food processor and process until finely chopped. You want the mixture to be a coarse paste with some beans still intact, but don't completely puree the mixture. Stir the processed beans into the bowl with the vegetables and oat flour. In a mug, whisk together the ground flax and water.
- ☐ Let it sit for only 15–20 seconds, any longer and it will get too thick. Stir into the vegetable bean mixture until fully combined. Stir the oil, oregano, salt, pepper, and red pepper flakes (if using) into the bowl, adjusting amounts to taste if necessary. Shape the mixture into 18–20 balls (the size of golf-balls), packing each ball tightly between your hands so it holds together

well.

- ☐ Place each ball onto the prepared baking sheet an inch or two apart.
- ☐ Bake for 20 minutes, then gently flip the balls and and bake for another 15–20 minutes until golden on both sides.After baking, place balls on a cooling rack for 10 minutes to cool slightly.
- ☐ Serve with spaghetti squash or pasta and tomato sauce (either homemade or store–bought).
I also sprinkled some of my vegan Parmesan on top.

Nutrition Facts



Properties

Glycemic Index:21.66, Glycemic Load:2.4, Inflammation Score:–8, Nutrition Score:6.695217386536%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.83kcal (3.89%), Fat: 4.26g (6.56%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 164.96mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Vitamin K: 32.68µg (31.13%), Vitamin A: 1368.38IU (27.37%), Manganese: 0.43mg (21.63%), Fiber: 2.55g (10.22%), Copper: 0.15mg (7.71%), Phosphorus: 67.61mg (6.76%), Magnesium: 26.19mg (6.55%), Vitamin B1: 0.08mg (5.37%), Iron: 0.88mg (4.9%), Potassium: 159.13mg (4.55%), Folate: 17.55µg (4.39%), Vitamin C: 3.35mg (4.06%), Vitamin B6: 0.07mg (3.71%), Zinc: 0.51mg (3.43%), Selenium: 1.8µg (2.57%), Calcium: 24.69mg (2.47%), Vitamin B2: 0.04mg (2.35%), Vitamin B3: 0.39mg (1.96%), Vitamin B5: 0.15mg (1.48%), Vitamin E: 0.21mg (1.38%)