



Red Beans and Spaghetti



Vegetarian



Vegan



Dairy Free

READY IN



810 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 pound kidney beans dry



8 servings salt to taste



16 ounce pasta like spaghetti uncooked

Equipment

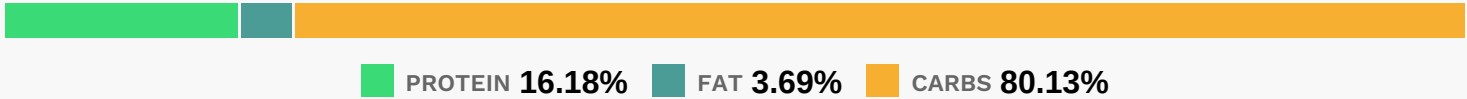


pot

Directions

- ☐
- Rinse beans and place in a large pot. Cover with water and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, partially covered, until beans are tender, about 1 hour; add more water as necessary to prevent drying out and scorching.
- ☐
- When beans are tender, add spaghetti and cook until al dente. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:9.16, Glycemic Load:18.39, Inflammation Score:-3, Nutrition Score:8.7373912282612%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 246.36kcal (12.32%), Fat: 1g (1.54%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 44.89g (16.32%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 197.76mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Selenium: 36.17µg (51.68%), Manganese: 0.66mg (32.78%), Fiber: 3.91g (15.65%), Phosphorus: 147.42mg (14.74%), Folate: 47.06µg (11.77%), Copper: 0.23mg (11.63%), Magnesium: 42.81mg (10.7%), Iron: 1.57mg (8.73%), Zinc: 1.1mg (7.36%), Potassium: 240.73mg (6.88%), Vitamin B1: 0.1mg (6.43%), Vitamin B6: 0.11mg (5.73%), Vitamin B3: 1.13mg (5.64%), Vitamin B5: 0.31mg (3.07%), Vitamin B2: 0.05mg (2.97%), Vitamin K: 2.44µg (2.32%), Calcium: 19.96mg (2%)