



Spaghetti and Beanballs



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 tsp cumin



1 clove garlic crushed



400 g kidney beans canned tinned



2 tbsp nutritional yeast



2 tbsp peanut butter



4 servings grinding of salt & pepper black good



2 tbsp water



6 slices wholemeal bread

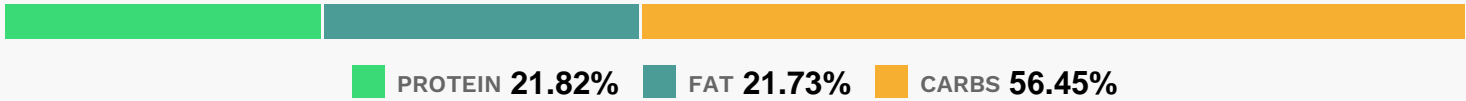
Equipment

☐ oven

Directions

- ☐ Whizz up your bread until you have fine breadcrumbs and set aside.
- ☐ Mash together all of the other ingredients, apart from the water.
- ☐ Fold the breadcrumbs into your mixture. If it is a little dry or not coming together, then add the suggested water and a little more if you think it needs it.
- ☐ Roll the mixture into balls and pop into the fridge until you are ready to cook them.
- ☐ To cook them, either bake in the oven or fry in a little oil. I baked them in a preheated oven (220 c/200 c fan/425 f/gas
- ☐ for 25 - 30 minutes.
- ☐ Serve with a simple tomato sauce and freshly cooked spaghetti, then top with parmesan (veggie or vegan).
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:16.1, Inflammation Score:-4, Nutrition Score:14.118695732044%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.37kcal (12.72%), Fat: 6.32g (9.73%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 27.7g (10.07%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 675.29mg (29.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.57%), Manganese: 1.35mg (67.57%), Fiber: 9.26g (37.05%), Phosphorus: 228.3mg (22.83%), Magnesium: 79.79mg (19.95%), Vitamin B1: 0.29mg (19.27%), Iron: 3.37mg (18.7%), Selenium: 12.42µg (17.75%), Vitamin B3: 3.47mg (17.35%), Potassium: 506.05mg (14.46%), Copper: 0.29mg (14.39%), Folate: 50.64µg (12.66%), Calcium: 112.39mg (11.24%), Vitamin B6: 0.22mg (10.99%), Zinc: 1.62mg

(10.8%), Vitamin B2: 0.16mg (9.18%), Vitamin K: 7.47µg (7.11%), Vitamin E: 1.01mg (6.73%), Vitamin B5: 0.51mg (5.07%), Vitamin C: 1.11mg (1.35%)