



WHATSheATE



Spaghetti With Kidney Beans Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch baking soda (Optional)
- ☐ 2 teaspoons olive oil
- ☐ 1 onion thinly sliced
- ☐ 3 servings salt and pepper to taste
- ☐ 13.5 oz half a pack of pack spaghetti uncooked
- ☐ 2 cups tomato sauce italian

Equipment

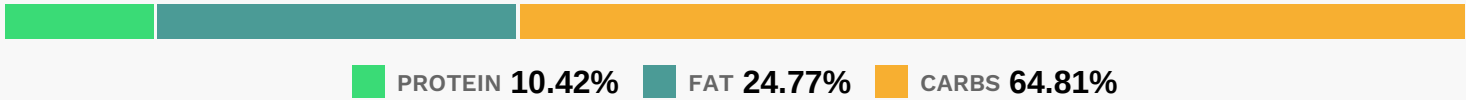
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large skillet over medium heat. Simultaneously boil water in a large stock pot to cook the spaghetti.
- ☐ Add the onion and cook, stirring occasionally for about 5 minutes, until softened.Stir the tomato sauce into the skillet with the cooked beans and seasoning of your choice. I used 1 teaspoon of dried Italian seasoning.While the sauce is cooking, cook the pasta as per package directions. Once the pasta is cooked, drain it, reserving 1/2 to 1 cup of the water.
- ☐ Add the reserved water to the sauce if required.Increase the heat and bring the sauce to a boil, stirring.
- ☐ Add baking soda, if using and lower the heat, partially cover, and simmer for about 10 minutes, or until the sauce has slightly reduced.
- ☐ Add salt/pepper to the sauce as per taste, transfer to a serving bowl.
- ☐ Serve the sauce over pasta and enjoy a hearty meal.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:15.65956508595%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 110.01kcal (5.5%), Fat: 3.38g (5.19%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 13.67g (4.97%), Sugar: 9.91g (11.01%), Cholesterol: 0mg (0%), Sodium: 300.77mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin A: 21168.75IU (423.37%), Vitamin C: 29.68mg (35.98%), Vitamin K: 34.62µg (32.98%), Fiber: 6.22g (24.86%), Manganese: 0.42mg (20.88%), Potassium: 690.21mg

(19.72%), Vitamin E: 2.6mg (17.3%), Iron: 2.29mg (12.74%), Magnesium: 50.36mg (12.59%), Copper: 0.24mg (12.2%), Vitamin B6: 0.24mg (12.08%), Folate: 45.93µg (11.48%), Phosphorus: 93.14mg (9.31%), Vitamin B3: 1.45mg (7.24%), Vitamin B1: 0.11mg (7.06%), Vitamin B5: 0.7mg (6.96%), Vitamin B2: 0.11mg (6.4%), Calcium: 57.52mg (5.75%), Zinc: 0.55mg (3.65%)