



WHATSHETE



Barilla® White Fiber Mini Penne with Creamy Tomato Sauce, Meatballs and Parmigiano Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 ounce canned tomatoes canned
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic divided chopped
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 0.5 cup heavy cream

- ☐ 1 cup parmigiano-reggiano cheese divided grated
- ☐ 12 ounce fiber penne white mini barilla®
- ☐ 6 servings salt and pepper black to taste
- ☐ 0.3 cup water
- ☐ 2 slices bread soaked in water white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 375 degrees F. Bring a large pot of water to a boil.
- ☐ In a medium bowl combine 1 clove garlic, beef, pork, bread, 1/2 cup cheese, parsley, season with salt and pepper.
- ☐ Combine the mixture, until everything is incorporated.
- ☐ Shape mixture into small, evenly sized balls; bake on rimmed sheet for 10–15 minutes or until slightly browned and cooked through.
- ☐ Meanwhile, in a large skillet cook the remaining garlic clove in olive oil for 1 to 2 minutes or until slightly yellow in color.
- ☐ Add tomatoes and bring to a simmer.
- ☐ Add cream, season with salt and pepper. Gently toss the meatballs in the sauce and heat through.
- ☐ Cook pasta according to package directions.
- ☐ Drain pasta and toss with the meatball sauce.
- ☐ Top with parsley and remaining cheese.

Nutrition Facts



 PROTEIN **17.32%**  FAT **50.46%**  CARBS **32.22%**

Properties

Glycemic Index:37.94, Glycemic Load:21.39, Inflammation Score:-6, Nutrition Score:22.930000014927%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 675.57kcal (33.78%), Fat: 37.9g (58.3%), Saturated Fat: 14.72g (91.99%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 50.6g (18.4%), Sugar: 6.52g (7.24%), Cholesterol: 87.8mg (29.27%), Sodium: 673.67mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Selenium: 58.49µg (83.56%), Manganese: 0.82mg (40.81%), Phosphorus: 401.38mg (40.14%), Vitamin B1: 0.46mg (30.61%), Vitamin B3: 5.84mg (29.18%), Calcium: 278.25mg (27.82%), Zinc: 4.06mg (27.09%), Vitamin B6: 0.52mg (26.02%), Vitamin K: 23.19µg (22.08%), Vitamin B12: 1.31µg (21.75%), Vitamin B2: 0.34mg (20.05%), Iron: 3.51mg (19.52%), Copper: 0.39mg (19.33%), Vitamin E: 2.87mg (19.11%), Magnesium: 73.9mg (18.48%), Potassium: 641.35mg (18.32%), Fiber: 3.85g (15.39%), Vitamin A: 663.65IU (13.27%), Vitamin C: 9.43mg (11.42%), Vitamin B5: 1.13mg (11.34%), Folate: 36.73µg (9.18%), Vitamin D: 0.44µg (2.92%)