

food  
network



HEALTH SCORE

100%

## Bobby Flay's Spaghetti and Meat Balls with Tomato Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



6337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 basil leaves
- 1 bay leaf
- 1 stick soften butter
- 0.3 cup bread crumbs dry
- 2 large eggs lightly beaten
- 1 country loaf cut into 3/4-inch slices
- 4 cloves garlic finely chopped

- 4 cloves garlic finely chopped
- 4 cloves garlic minced
- 0.5 pound ground beef
- 0.5 pound ground pork
- 0.5 pound ground veal
- 1 cup olive oil pure
- 2 tablespoons olive oil
- 1 large onion spanish finely chopped
- 0.3 cup parmesan cheese grated
- 4 servings parmesan cheese freshly grated
- 0.3 cup parsley finely chopped
- 1 small bunch parsley
- 56 ounce plum tomatoes and their juice pureed canned
- 1 pinch pepper flakes red
- 4 servings salt
- 4 servings salt and pepper freshly ground
- 1 pound 9 spaghetti
- 12 cups water

## Equipment

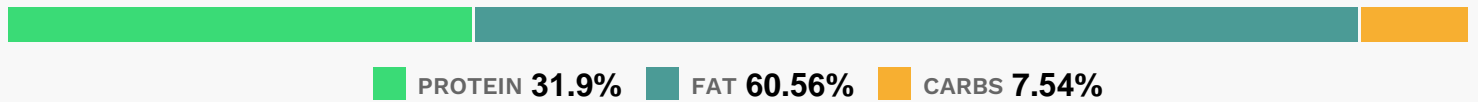
- bowl
- frying pan
- sauce pan
- colander

## Directions

- Combine all the ingredients in a medium bowl, except olive oil and season with salt and pepper to taste.
- Heat the oil in large saute pan over medium-high heat.

- Heat olive oil in a medium saucepan.
- Add onions and garlic and cook until soft.
- Add pureed tomatoes and juice, bay leaf and parsley, pepper flakes and salt and pepper and bring to a boil. Reduce heat, add meatballs and let simmer for 30–40 minutes, until the sauce has thickened.
- Remove the bay leaf and parsley, add the basil and serve.
- For the Spaghetti: Bring salted water to a boil.
- Add spaghetti and cook until al dente.
- Drain well in a colander, toss in sauce, serve with meatballs and Parmesan cheese.
- Combine butter and garlic.
- Spread evenly on bread and broil until browned.

## Nutrition Facts



## Properties

Glycemic Index:95.25, Glycemic Load:39.89, Inflammation Score:-10, Nutrition Score:89.066087308137%

## Flavonoids

Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Apigenin: 38.84mg, Apigenin: 38.84mg, Apigenin: 38.84mg, Apigenin: 38.84mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 3.34mg, Myricetin: 3.34mg, Myricetin: 3.34mg, Myricetin: 3.34mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

## Nutrients (% of daily need)

Calories: 6337.04kcal (316.85%), Fat: 418.93g (644.51%), Saturated Fat: 153.93g (962.05%), Carbohydrates: 117.33g (39.11%), Net Carbohydrates: 107.19g (38.98%), Sugar: 15.86g (17.62%), Cholesterol: 1552.85mg (517.62%), Sodium: 25220.79mg (1096.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 496.52g (993.04%), Vitamin B1: 12.89mg (859.41%), Selenium: 576.55µg (823.64%), Phosphorus: 5226.25mg (522.63%), Vitamin B3: 103.47mg (517.36%), Vitamin B6: 8.97mg (448.34%), Zinc: 56.48mg (376.54%), Vitamin K: 344.34µg (327.94%), Vitamin B2: 5.25mg (308.72%), Vitamin B12: 15.95µg (265.89%), Potassium: 7722.35mg (220.64%), Magnesium: 559.49mg (139.87%), Iron: 24.43mg (135.74%), Copper: 2.58mg (128.92%), Vitamin B5: 12.13mg (121.31%), Vitamin A: 6023.11IU (120.46%), Manganese: 2.14mg (106.87%), Vitamin C: 84.41mg (102.32%), Vitamin D: 14.74µg (98.25%), Vitamin E: 13.68mg (91.22%), Calcium: 656.55mg (65.66%), Folate: 211.33µg (52.83%), Fiber: 10.14g (40.56%)