



 **40%**
HEALTH SCORE

Bucatini with Bacon Sauce and Meatballs

 Popular

READY IN



150 min.

SERVINGS



8

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds ground beef lean
- 7 bacon
- 0.8 cup bread crumbs italian (made from day old bread)
- 1 pound bucatini pasta
- 2 garlic clove minced fine (not too)
- 2 eggs
- 0.8 cup parsley fresh chopped
- 1 clove garlic minced

- 8 servings cooking oil for greasing pan
- 1 large onion diced
- 0.8 cup parmesan freshly grated plus more for serving
- 8 servings pepper black freshly ground
- 56 ounce tomatoes such as pastene chunky kitchen ready canned

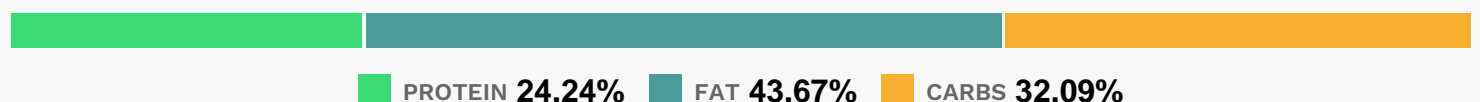
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Cut the bacon into pieces. Using a big saute pan or skillet that has a cover, cook over medium heat until almost crispy. Don't drain the fat.
- Add the onions to the pan. When the onions are almost cooked and start to become translucent, add the garlic and salt and pepper to taste. Cook for 1 to 2 minutes, and then add tomatoes and bring to a boil. Reduce the heat, cover and simmer on low for about an hour to an hour and a half.
- For the meatballs: Preheat the oven to 425 degrees F. Grease a baking sheet. In a large bowl, combine the beef, breadcrumbs, Parmigiano-Reggiano, parsley, garlic, eggs and some salt and pepper. Form into 1- to 1 1/2-inch meatballs and place on the prepared baking sheet.
- Bake for 5 minutes. Then turn the oven down to 350 degrees F and bake for an additional 10 minutes. Make sure to turn every few minutes to brown on all sides.
- Cook the bucatini according to the package directions.
- Serve the bacon sauce over the pasta with the meatballs on the side.
- Garnish with freshly grated Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:19.69, Inflammation Score:-9, Nutrition Score:34.752608993779%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 684.04kcal (34.2%), Fat: 33.03g (50.81%), Saturated Fat: 8.76g (54.74%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 49.76g (18.09%), Sugar: 8.51g (9.46%), Cholesterol: 130.31mg (43.44%), Sodium: 395.26mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.51%), Vitamin K: 118.76µg (113.1%), Selenium: 65.18µg (93.12%), Zinc: 7.65mg (50.98%), Phosphorus: 505.43mg (50.54%), Vitamin B12: 2.85µg (47.45%), Vitamin B3: 9.4mg (47.02%), Vitamin A: 2267.68IU (45.35%), Vitamin C: 36.41mg (44.13%), Manganese: 0.83mg (41.47%), Vitamin B6: 0.8mg (40.2%), Potassium: 1121.11mg (32.03%), Vitamin E: 4.17mg (27.79%), Iron: 4.79mg (26.62%), Magnesium: 90.17mg (22.54%), Vitamin B2: 0.37mg (21.51%), Copper: 0.41mg (20.38%), Fiber: 4.84g (19.36%), Calcium: 174.63mg (17.46%), Vitamin B1: 0.25mg (16.78%), Folate: 65.29µg (16.32%), Vitamin B5: 1.52mg (15.21%), Vitamin D: 0.46µg (3.05%)