



Campanile's Spaghetti and Meatballs in Red Sauce

READY IN



120 min.

SERVINGS



8

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large basil fresh
- 0.5 teaspoon pepper black freshly ground
- 0.8 tsp pepper black freshly ground
- 4 ounces bread cut into 1-in. cubes
- 84 oz tomatoes diced such as muir glen canned
- 4 ounces crimini mushrooms white chopped
- 0.7 cup wine dry white cold divided
- 2 teaspoons fennel seeds

- 3 tablespoons flat parsley minced
- 2 tablespoons flour
- 2 garlic clove minced
- 6 large garlic clove halved thinly sliced
- 0.8 pound ground beef cold
- 0.8 pound ground pork cold
- 0.8 pound pd of ground turkey dark cold (meat)
- 8 servings sauce
- 1.5 teaspoons kosher salt
- 1.5 tsp kosher salt
- 8 servings meatballs
- 0.3 cup olive oil divided
- 6 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion finely chopped
- 1 cup parmesan cheese freshly grated
- 1.5 pounds pasta like spaghetti
- 8 servings pasta like spaghetti

Equipment

- food processor
- bowl
- frying pan
- ladle
- whisk
- stand mixer
- spatula
- mortar and pestle

Directions

- Make sauce: In a 5- to 6-qt. pan, cook oil and garlic over medium-low heat until garlic softens, 5 to 6 minutes.
- Add tomatoes, salt, and pepper. Cover, bring to a boil over high heat, then reduce heat and simmer, stirring often, until thick, 45 minutes to 1 hour. If needed, crush tomatoes with a spoon to break up. Stir in basil sprigs. Turn off heat; keep warm.
- Heat 1 tbsp. oil in a large frying pan over medium heat.
- Add onion and cook until tender, 5 to 8 minutes. Stir in garlic and cook until fragrant, about 1 minute more.
- Add mushrooms, fennel, salt, and pepper. Cook until mushrooms are tender, 5 minutes.
- Remove from heat and stir in 1/4 cup wine and the bread until liquid is absorbed.
- Transfer mixture to a food processor and pulse to finely chop.
- Scrape into bowl of a stand mixer and let cool.
- Add parsley, meats, and 1/3 cup wine and beat on low speed until well blended, 1 to 2 minutes.
- Using wet hands, shape meat into 1 1/2-in. balls.
- Heat 2 large frying pans over medium heat with 1 tbsp. oil each. Brown about a third of meatballs in each pan, turning once and adding oil if needed, 6 to 8 minutes per batch. With a slotted spatula, transfer meatballs to a platter. Repeat with remaining meatballs and oil.
- Scrape all the drippings into 1 pan.
- Whisk in flour, then cook over medium heat until bubbling, 1 to 2 minutes.
- Whisk in 2 cups sauce to loosen browned bits.
- Scrape into pan with rest of sauce and stir.
- Return sauce to a simmer. Gently stir in meatballs; simmer, covered, until flavors are blended, about 20 minutes. Discard basil sprigs.
- Cut remaining basil leaves into fine slivers and stir into sauce. Meanwhile, cook spaghetti as package directs.
- Drain pasta and transfer to a large shallow bowl. Ladle all the meatballs and about half the sauce on top, and toss to coat.
- Serve with cheese and extra sauce.
- *Crack fennel seeds with a mortar and pestle, or buzz in a clean coffee grinder.
- Make ahead: Chill sauce and meatballs up to 1 day, or freeze up to 1 month.

Nutrition Facts

PROTEIN 18.54% FAT 34.4% CARBS 47.06%

Properties

Glycemic Index:60.71, Glycemic Load:47.69, Inflammation Score:-8, Nutrition Score:41.654782569927%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 1128.57kcal (56.43%), Fat: 42.63g (65.58%), Saturated Fat: 11.78g (73.62%), Carbohydrates: 131.19g (43.73%), Net Carbohydrates: 122.37g (44.5%), Sugar: 12.97g (14.41%), Cholesterol: 95.79mg (31.93%), Sodium: 1683.18mg (73.18%), Alcohol: 2.06g (100%), Alcohol %: 0.39% (100%), Protein: 51.68g (103.35%), Selenium: 129.24µg (184.62%), Manganese: 1.92mg (95.82%), Phosphorus: 695.66mg (69.57%), Vitamin B3: 13.9mg (69.48%), Vitamin B6: 1.31mg (65.5%), Vitamin B1: 0.73mg (48.73%), Zinc: 6.87mg (45.8%), Vitamin K: 46.76µg (44.53%), Iron: 7.43mg (41.25%), Copper: 0.81mg (40.54%), Potassium: 1415.86mg (40.45%), Vitamin C: 32.1mg (38.91%), Magnesium: 154.66mg (38.66%), Vitamin B2: 0.63mg (37.04%), Fiber: 8.82g (35.28%), Vitamin E: 4.98mg (33.21%), Calcium: 288.78mg (28.88%), Vitamin B12: 1.61µg (26.91%), Vitamin B5: 2.27mg (22.7%), Folate: 82.87µg (20.72%), Vitamin A: 607.56IU (12.15%), Vitamin D: 0.29µg (1.93%)