



Cheese-Stuffed Meatballs and Spaghetti

READY IN



125 min.

SERVINGS



6

CALORIES



698 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 oz individual string cheese sticks cut into 18 (3/4-inch) cubes
- 0.5 cup breadcrumbs italian
- 48 oz pasta sauce (any variety)
- 1.5 lb ground beef 80% lean (at least)
- 2 tablespoons onion finely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon oregano dried
- 1 eggs
- 12 oz pasta like spaghetti uncooked

0.7 cup parmesan fresh shredded

Equipment

bowl

frying pan

oven

aluminum foil

ziploc bags

dutch oven

Directions

Place cheese cubes in small resealable freezer plastic bag; seal bag and freeze at least 1 hour.

Heat oven to 375°F. Line 15x10x1-inch pan with foil; spray foil with cooking spray. In large bowl, mix bread crumbs and 3 tablespoons of the pasta sauce. Stir in beef, onion, salt, oregano and egg. Shape mixture into 18 (2-inch) balls. Press 1 cheese cube into center of each ball, sealing it inside. Gently place in pan.

Bake 10 minutes.

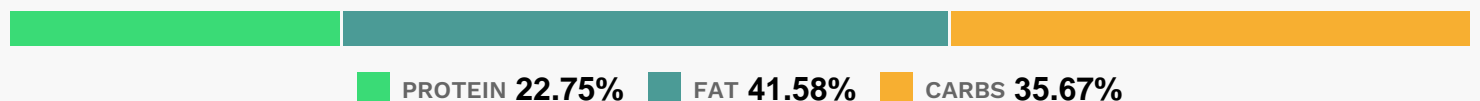
Meanwhile, pour remaining pasta sauce into 5-quart Dutch oven. Cover; heat to simmering over medium-high heat, stirring frequently. Gently stir in meatballs; reduce heat to medium-low. Cover; simmer about 10 minutes, stirring occasionally, until meatballs are thoroughly cooked and no longer pink in center.

Meanwhile, cook and drain spaghetti as directed on package; keep warm.

Serve meatballs and sauce over spaghetti.

Serve with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:21.08, Inflammation Score:-8, Nutrition Score:28.664782378985%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 698.24kcal (34.91%), Fat: 32.32g (49.72%), Saturated Fat: 13.48g (84.24%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 56.62g (20.59%), Sugar: 10.41g (11.57%), Cholesterol: 125.55mg (41.85%), Sodium: 1751.2mg (76.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.78g (79.56%), Selenium: 61.25µg (87.5%), Phosphorus: 455.26mg (45.53%), Vitamin B12: 2.66µg (44.28%), Zinc: 6.58mg (43.87%), Manganese: 0.87mg (43.7%), Vitamin B3: 8.65mg (43.25%), Vitamin B6: 0.71mg (35.41%), Potassium: 1151.19mg (32.89%), Iron: 5.84mg (32.44%), Vitamin B2: 0.46mg (26.92%), Copper: 0.53mg (26.41%), Vitamin E: 3.93mg (26.22%), Magnesium: 93.77mg (23.44%), Calcium: 233.17mg (23.32%), Fiber: 5.75g (23%), Vitamin A: 1113.95IU (22.28%), Vitamin C: 16.13mg (19.55%), Vitamin B5: 1.73mg (17.32%), Vitamin B1: 0.25mg (16.69%), Folate: 53.44µg (13.36%), Vitamin K: 10.3µg (9.81%), Vitamin D: 0.32µg (2.1%)