






 **33%**
HEALTH SCORE

Chicken Meatballs and Spaghetti

READY IN

65 min.

SERVINGS

8

CALORIES

489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce canned tomatoes diced canned
- 1 tablespoon basil dried
- 1 cup breadcrumbs dry
- 2 eggs lightly beaten
- 2 pounds ground chicken
- 2 tablespoons seasoning italian
- 0.5 cup parmesan cheese grated
- 8 servings salt and pepper to taste
- 18 ounce canned tomatoes canned

- 2.3 cups water
- 16 ounce spaghetti whole-wheat

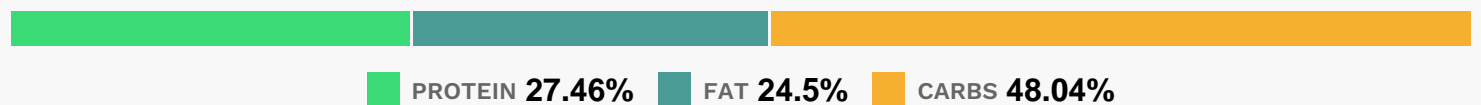
Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Stir together the crushed tomatoes, diced tomatoes, tomato paste, water, and basil in a large saucepan over medium heat. Salt and pepper to taste. Bring to a boil, reduce heat to low, and simmer for 15 minutes while preparing meatballs.
- Mix together the ground chicken, bread crumbs, Parmesan cheese, eggs, Italian seasoning, salt, and pepper in a medium bowl.
- Roll into 1 inch balls.
- Heat a large skillet over medium heat, and coat with cooking spray. Brown the meatballs on all sides.
- Add meatballs to the simmering pasta sauce and cook until internal temperature of meatballs reaches a minimum of 160 degrees F (72 degrees C), about 30 minutes.
- Fill a large pot with lightly salted water, and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- Drain.
- Serve the meatballs and sauce over the cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:1.9, Inflammation Score:-7, Nutrition Score:30.556956762853%

Nutrients (% of daily need)

Calories: 488.8kcal (24.44%), Fat: 13.82g (21.27%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 60.98g (20.33%), Net Carbohydrates: 57.9g (21.05%), Sugar: 5g (5.55%), Cholesterol: 143.88mg (47.96%), Sodium: 615.82mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Manganese: 2.16mg (108.16%), Selenium: 62.55µg (89.35%), Vitamin B3: 11.35mg (56.74%), Phosphorus: 464.52mg (46.45%), Vitamin B6: 0.91mg (45.25%), Vitamin B1: 0.61mg (40.58%), Magnesium: 140.23mg (35.06%), Iron: 5.97mg (33.16%), Vitamin B2: 0.54mg (31.83%), Potassium: 1065.88mg (30.45%), Copper: 0.57mg (28.69%), Zinc: 3.94mg (26.29%), Vitamin B5: 2.33mg (23.32%), Vitamin K: 23.16µg (22.06%), Calcium: 180.2mg (18.02%), Folate: 69.93µg (17.48%), Vitamin B12: 0.86µg (14.41%), Vitamin E: 1.9mg (12.65%), Fiber: 3.08g (12.31%), Vitamin C: 8.51mg (10.31%), Vitamin A: 336.54IU (6.73%), Vitamin D: 0.25µg (1.67%)