



Chili-Style Spaghetti and Meatballs

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz beef broth canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 4 oz chiles green chopped canned
- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 6 servings toppings: cheddar cheese shredded sour red chopped
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds ground round
- ☐ 2 teaspoons olive oil

- ☐ 1 tablespoon onion grated
- ☐ 1 teaspoon salt
- ☐ 12 ounces pasta like spaghetti uncooked
- ☐ 6 oz tomato paste canned

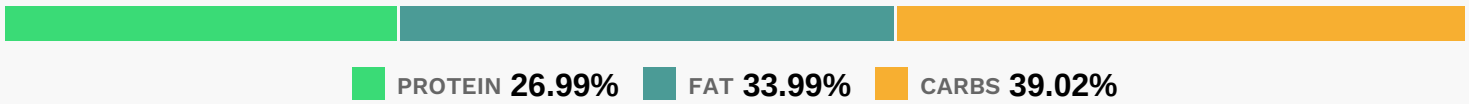
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Combine ground round, 1 Tbsp. onion, and next 2 ingredients in a large bowl just until blended. Gently shape meat mixture into 18 (1 1/2-inch) balls.
- ☐ Place a lightly greased rack in an aluminum foil-lined broiler pan. Arrange meatballs on rack.
- ☐ Bake at 350 for 15 minutes or until browned. (Centers will be slightly pink.)
- ☐ Prepare pasta according to package directions. Keep warm.
- ☐ Cook chili powder in hot oil in a Dutch oven over medium heat, stirring constantly, 2 minutes. Stir in tomatoes and next 3 ingredients. Gently stir meatballs into tomato mixture. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 10 minutes. Gently stir in beans, and cook 3 more minutes.
- ☐ Serve immediately with spaghetti and desired toppings.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:19.24, Inflammation Score:-8, Nutrition Score:31.858260569365%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 653.89kcal (32.69%), Fat: 24.67g (37.95%), Saturated Fat: 10.91g (68.2%), Carbohydrates: 63.73g (21.24%), Net Carbohydrates: 54.33g (19.76%), Sugar: 6.05g (6.72%), Cholesterol: 103.71mg (34.57%), Sodium: 1405.66mg (61.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.07g (88.15%), Selenium: 65.47µg (93.53%), Phosphorus: 577.58mg (57.76%), Zinc: 8.07mg (53.8%), Vitamin B12: 2.87µg (47.84%), Manganese: 0.92mg (46.01%), Vitamin B3: 9.16mg (45.8%), Vitamin B6: 0.76mg (38.23%), Fiber: 9.39g (37.57%), Iron: 6.76mg (37.56%), Potassium: 1107.2mg (31.63%), Calcium: 314.27mg (31.43%), Vitamin B2: 0.51mg (30.13%), Copper: 0.59mg (29.3%), Magnesium: 110.47mg (27.62%), Folate: 91.39µg (22.85%), Vitamin C: 17.45mg (21.15%), Vitamin B1: 0.29mg (19.24%), Vitamin A: 935.1IU (18.7%), Vitamin E: 2.57mg (17.15%), Vitamin B5: 1.49mg (14.86%), Vitamin K: 9.05µg (8.62%), Vitamin D: 0.29µg (1.96%)