



## Classic Spaghetti and Meatballs

READY IN



30 min.

SERVINGS



4

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup breadcrumbs dry fine
- 0.5 cup wine dry red
- 1 large egg yolk
- 3 tablespoons basil fresh minced
- 3 tablespoons parsley fresh minced
- 2 garlic clove minced
- 1 pound ground sirloin lean (or a combination of sirloin and pork)
- 4 servings tomatoes quick
- 0.5 cup milk

- 4 servings olive oil
- 1 cup onion finely minced
- 2 tablespoons oregano fresh divided minced
- 1 pound noodles dried cooked
- 0.5 cup pecorino cheese freshly grated plus more for serving
- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon pepper red
- 1.3 teaspoons salt

## Equipment

- bowl
- frying pan
- sauce pan
- pot
- slotted spoon

## Directions

- Combine breadcrumbs and milk in a small bowl, and let soak 10 minutes.
- Combine ground sirloin, 1 tablespoon oregano, 1/2 cup grated cheese, and next 6 ingredients in another bowl. Stir in breadcrumb mixture, and form into 1 1/2-inch meatballs.
- Fill a 12-inch skillet or wide saucepan 1/4 inch deep with olive oil, and heat over medium-high heat.
- Add meatballs, and cook about 7 minutes or until browned on all sides.
- Transfer to a plate with a slotted spoon.
- Pour off fat from pan; add wine to pan, and simmer 1 minute. Stir in Quick Marinara Sauce, remaining 1 tablespoon oregano, and red pepper flakes, if desired. Bring to a boil; add meatballs, and simmer 5 minutes. Stir in basil.
- Add drained cooked pasta, meatballs, and sauce to pot, and toss to combine.
- Serve with additional grated cheese.

## Nutrition Facts

PROTEIN 20.49% FAT 48.42% CARBS 31.09%

## Properties

Glycemic Index:88.63, Glycemic Load:19.82, Inflammation Score:-10, Nutrition Score:31.7265218444449%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

## Nutrients (% of daily need)

Calories: 735.32kcal (36.77%), Fat: 38.47g (59.19%), Saturated Fat: 12.1g (75.6%), Carbohydrates: 55.58g (18.53%), Net Carbohydrates: 49.39g (17.96%), Sugar: 8.85g (9.83%), Cholesterol: 139.67mg (46.56%), Sodium: 1602.98mg (69.69%), Alcohol: 3.15g (100%), Alcohol %: 0.8% (100%), Protein: 36.64g (73.28%), Vitamin K: 85.87µg (81.78%), Selenium: 55.63µg (79.48%), Vitamin B12: 2.87µg (47.87%), Phosphorus: 467.22mg (46.72%), Zinc: 6.78mg (45.19%), Manganese: 0.83mg (41.75%), Iron: 6.93mg (38.5%), Vitamin B3: 7.67mg (38.36%), Vitamin B6: 0.72mg (36.07%), Vitamin E: 4.98mg (33.18%), Calcium: 291.19mg (29.12%), Potassium: 945.62mg (27.02%), Vitamin B2: 0.44mg (26.12%), Fiber: 6.19g (24.74%), Vitamin A: 1106.73IU (22.13%), Magnesium: 85.32mg (21.33%), Copper: 0.41mg (20.3%), Vitamin C: 16.32mg (19.78%), Vitamin B5: 1.56mg (15.6%), Vitamin B1: 0.22mg (14.91%), Folate: 59.3µg (14.82%), Vitamin D: 0.74µg (4.94%)