



## Easy Skillet Meatballs and Gravy

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



483 kcal

SAUCE

### Ingredients

- 8 oz pasta uncooked
- 10.5 oz meatballs light frozen italian cooked
- 15 oz tomato sauce italian canned
- 10.8 oz cream of mushroom soup fat-free 98% 30% with less sodium canned
- 2.5 oz mushrooms drained sliced
- 0.3 cup parsley fresh chopped

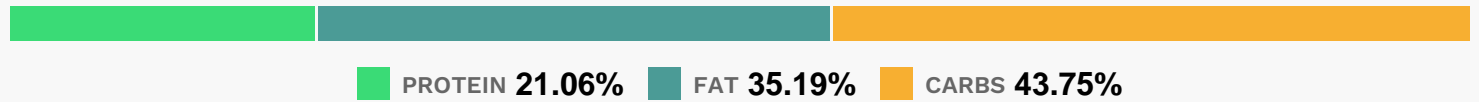
### Equipment

- frying pan

## Directions

- Cook linguine to desired doneness as directed on package.
- Drain; cover to keep warm.
- Meanwhile, in large skillet, combine all remaining ingredients except parsley; mix well. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook 8 to 10 minutes or until meatballs are thoroughly heated, stirring occasionally.
- Serve meatballs with sauce over linguine.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:19.01, Inflammation Score:-7, Nutrition Score:23.964347828342%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 483.31kcal (24.17%), Fat: 18.86g (29.02%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 48.9g (17.78%), Sugar: 5.68g (6.31%), Cholesterol: 57.39mg (19.13%), Sodium: 1092.16mg (47.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.79%), Selenium: 56.43µg (80.61%), Vitamin K: 64.53µg (61.46%), Manganese: 0.88mg (44.2%), Vitamin B1: 0.65mg (43.61%), Vitamin B3: 6.62mg (33.1%), Phosphorus: 305.6mg (30.56%), Copper: 0.53mg (26.7%), Vitamin B6: 0.52mg (26.1%), Zinc: 3.64mg (24.27%), Potassium: 828.88mg (23.68%), Vitamin B2: 0.4mg (23.45%), Iron: 3.27mg (18.15%), Magnesium: 68.94mg (17.23%), Vitamin C: 13.32mg (16.15%), Vitamin A: 781.43IU (15.63%), Fiber: 3.86g (15.45%), Vitamin B5: 1.5mg (14.95%), Vitamin B12: 0.65µg (10.83%), Vitamin E: 1.62mg (10.82%), Folate: 37.54µg (9.39%), Calcium: 45.96mg (4.6%)