



Essentials: Spaghetti and Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



972 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh white (made from 4 slices, crusts removed)
- ☐ 28 ounce canned tomatoes crushed chopped canned
- ☐ 1.5 pounds spaghetti cooked
- ☐ 1 extra large eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon olive oil good
- ☐ 6 servings parmesan cheese freshly grated
- ☐ 0.5 cup red wine such as chianti good
- ☐ 0.3 cup seasoned bread crumbs dry
- ☐ 6 servings vegetable oil
- ☐ 1 cup onion yellow chopped (1 onion)

Equipment

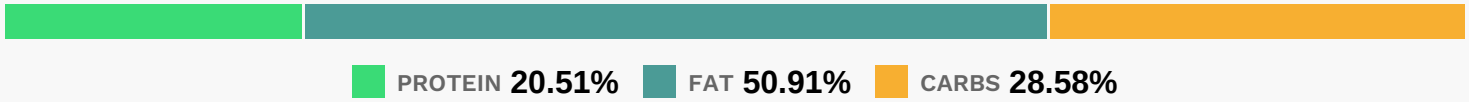
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Put the ground meats, both bread crumbs, parsley, Parmesan, salt, pepper, nutmeg, egg, and 3/4 cup warm water in a bowl.
- ☐ Combine very lightly with a fork. Using your hands, lightly form the mixture into 2-inch meatballs. You will have 14 to 16 meatballs.
- ☐ Pour equal amounts of vegetable and olive oil into a large (12-inch) skillet to a depth of 1/4 inch.
- ☐ Heat the oil. Very carefully, in batches, place the meatballs in the oil and brown them well on all sides over medium-low heat, turning carefully with a spatula or a fork. This should take about 10 minutes for each batch. Don't crowd the meatballs.
- ☐ Remove the meatballs to a plate covered with paper towels. Discard the oil but don't clean the pan.
- ☐ For the sauce, heat the olive oil in the same pan.
- ☐ Add the onion and sauté over medium heat until translucent, 5 to 10 minutes.

- ☐
- Add the garlic and cook for 1 more minute.
- ☐
- Add the wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes. Stir in the tomatoes, parsley, salt, and pepper.
- ☐
- Return the meatballs to the sauce, cover, and simmer on the lowest heat for 25 to 30 minutes, until the meatballs are cooked through.
- ☐
- Serve hot on cooked spaghetti and pass the grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:19.43, Inflammation Score:-8, Nutrition Score:36.45521715413%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 971.53kcal (48.58%), Fat: 54.03g (83.13%), Saturated Fat: 17.8g (111.28%), Carbohydrates: 68.26g (22.75%), Net Carbohydrates: 62.1g (22.58%), Sugar: 9.21g (10.23%), Cholesterol: 172.76mg (57.59%), Sodium: 1599.23mg (69.53%), Alcohol: 2.12g (100%), Alcohol %: 0.51% (100%), Protein: 48.98g (97.97%), Selenium: 73.86µg (105.51%), Phosphorus: 631.97mg (63.2%), Vitamin B3: 11.37mg (56.83%), Zinc: 7.93mg (52.87%), Vitamin B12: 2.96µg (49.29%), Manganese: 0.97mg (48.57%), Vitamin K: 50.95µg (48.53%), Vitamin B1: 0.71mg (47.41%), Vitamin B6: 0.92mg (46.12%), Calcium: 401.24mg (40.12%), Iron: 6.94mg (38.55%), Vitamin B2: 0.65mg (38.17%), Potassium: 1057.79mg (30.22%), Copper: 0.56mg (27.8%), Vitamin E: 3.9mg (26.02%), Magnesium: 103.68mg (25.92%), Fiber: 6.16g (24.64%), Vitamin B5: 2.04mg (20.41%), Vitamin C: 15.67mg (18.99%), Folate: 75.02µg (18.76%), Vitamin A: 664.79IU (13.3%), Vitamin D: 0.41µg (2.75%)