



Family Sicilian Sauce and Meatballs

READY IN



45 min.

SERVINGS



24

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bay leaves
- 1.5 pounds brisket cubed
- 84 ounce canned tomatoes crushed canned
- 1 teaspoon basil dried
- 0.3 teaspoon parsley dried
- 2 eggs
- 6 cloves garlic chopped
- 0.3 teaspoon ground cinnamon
- 3.5 ounce sausage sweet italian

- 3 tablespoons olive oil
- 4 onion chopped
- 48 ounce soup noodles dry
- 0.5 pound pork neck bones
- 0.5 cup red wine
- 0.5 cup pecorino cheese grated
- 24 servings salt and pepper to taste
- 24 ounce canned tomatoes canned
- 3 slices sandwich bread white

Equipment

- bowl
- frying pan
- pot

Directions

- To make the meatballs, combine chopped meat, eggs, bread, Romano cheese, parsley and salt and pepper to taste in a medium bowl. Form golf ball-sized meatballs; place into freezer to firm up.
- To make sauce, heat olive oil in a large pot on medium heat.
- Saute onion, garlic and fry links of sausage.
- Meanwhile, in a large skillet over medium heat, brown beef chunks and pork neck bones; reserve.
- When onions and garlic are done, turn heat down to low.
- Add tomato paste; stir and simmer for 10 minutes.
- Add the browned beef and pork, crushed tomatoes, wine, bay leaves, cinnamon, parsley, basil and salt and pepper to taste; stir.
- In a large skillet over medium heat, brown meatballs; reserve.
- Simmer sauce over low heat for 3 to 4 hours, add meatballs and simmer for 1 hour. Meanwhile, bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain. Cover pasta with sauce and meatballs, serve.

Nutrition Facts

PROTEIN 19.65% **FAT 18.55%** **CARBS 61.8%**

Properties

Glycemic Index:13.53, Glycemic Load:21.22, Inflammation Score:-6, Nutrition Score:17.2517391521%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg, Malvidin: 0.69mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 359.54kcal (17.98%), Fat: 7.4g (11.38%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 50.78g (18.46%), Sugar: 8.14g (9.04%), Cholesterol: 36.53mg (12.18%), Sodium: 464.46mg (20.19%), Alcohol: 0.53g (100%), Alcohol %: 0.26% (100%), Protein: 17.63g (35.27%), Selenium: 44.64µg (63.77%), Manganese: 0.83mg (41.61%), Phosphorus: 245.23mg (24.52%), Vitamin B6: 0.45mg (22.46%), Copper: 0.44mg (22.08%), Vitamin B3: 3.97mg (19.84%), Fiber: 4.67g (18.68%), Potassium: 652.23mg (18.64%), Iron: 3.31mg (18.37%), Zinc: 2.62mg (17.46%), Magnesium: 67.76mg (16.94%), Vitamin C: 13.42mg (16.27%), Vitamin B1: 0.23mg (15.12%), Vitamin E: 2.06mg (13.73%), Vitamin B12: 0.78µg (13.04%), Vitamin B2: 0.2mg (11.49%), Calcium: 95.66mg (9.57%), Folate: 38.16µg (9.54%), Vitamin K: 9.14µg (8.71%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 304.72IU (6.09%)