



## Family-Style Spaghetti & Meatballs

READY IN



60 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 apples grated
- 1 cup four cheese shredded mexican style kraft finely
- 0.3 cup basil fresh
- 2 Tbsp parsley fresh chopped
- 1 Tbsp thyme leaves fresh chopped
- 3 cloves garlic minced
- 0.5 tsp garlic powder
- 0.5 lb ground pork
- 0.5 lb ground beef lean

- 0.3 tsp onion powder
- 0.5 cup panko bread crumbs
- 1 cup classico family favorites pasta sauce traditional
- 4 plum tomatoes chopped
- 0.5 lb pasta like spaghetti uncooked
- 2 Tbsp whipping cream

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- Heat oven to 375F.
- Combine panko and seasonings in large bowl; stir in cheese. Reserve 2 Tbsp. cheese mixture for later use.
- Add next 5 ingredients to remaining cheese mixture; mix just until blended. Shape into 12 meatballs, using 1/4 cup meat mixture for each.
- Place on baking sheet sprayed with cooking spray.
- Bake 22 to 25 min. or until done (165F). Meanwhile, cook spaghetti in large saucepan as directed on package, omitting salt.
- Drain spaghetti, reserving 1/2 cup cooking water. Return water to pan; stir in tomatoes and garlic. Cook on medium heat 3 to 5 min. or until tomatoes are tender, stirring occasionally.
- Add pasta sauce, basil and cream; mix well.
- Add spaghetti; toss to evenly coat.
- Serve spaghetti mixture topped with meatballs and reserved cheese mixture.

## Nutrition Facts



■ PROTEIN 23.33% ■ FAT 39.13% ■ CARBS 37.54%

## Properties

Glycemic Index:91.5, Glycemic Load:20.89, Inflammation Score:-10, Nutrition Score:30.806521685227%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 665.11kcal (33.26%), Fat: 28.87g (44.42%), Saturated Fat: 13.2g (82.53%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 56.98g (20.72%), Sugar: 10.9g (12.11%), Cholesterol: 112.7mg (37.57%), Sodium: 610.16mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.48%), Selenium: 70.57µg (100.81%), Phosphorus: 510.79mg (51.08%), Vitamin K: 48.76µg (46.44%), Zinc: 6.47mg (43.11%), Manganese: 0.85mg (42.73%), Vitamin B1: 0.63mg (41.8%), Vitamin B3: 8.17mg (40.83%), Vitamin B6: 0.73mg (36.28%), Vitamin B12: 2µg (33.41%), Vitamin A: 1552.43IU (31.05%), Vitamin B2: 0.51mg (29.74%), Calcium: 279.06mg (27.91%), Potassium: 948.67mg (27.1%), Vitamin C: 21.75mg (26.36%), Iron: 4.36mg (24.24%), Magnesium: 89.02mg (22.25%), Fiber: 5.35g (21.4%), Copper: 0.41mg (20.58%), Vitamin B5: 1.47mg (14.73%), Folate: 51.69µg (12.92%), Vitamin E: 1.84mg (12.28%), Vitamin D: 0.35µg (2.31%)