



## Fettuccine Meatball Lasagne

READY IN



120 min.

SERVINGS



10

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups breadcrumbs fresh french italian (from an or loaf)
- 0.8 pound eggs dried
- 1 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 0.3 cup parsley fresh finely chopped
- 0.5 pound mozzarella fresh chilled grated
- 1 pound ricotta cheese fresh (preferably )
- 2 garlic clove minced

- 3 garlic clove minced
- 1 pound ground beef ( )
- 3 tablespoons olive oil
- 1 medium onion finely chopped
- 0.5 teaspoon oregano dried crumbled
- 0.5 cup pecorino cheese finely grated
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 tablespoon tomato paste
- 56 ounce canned tomatoes whole drained finely chopped canned
- 1 bay leaves
- 1 cup vegetable oil
- 0.3 cup milk whole

## Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- baking pan
- aluminum foil
- slotted spoon
- colander

## Directions

- Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then saut onion, stirring occasionally, until golden, about 6 minutes.

- Add garlic and oregano and saut, stirring, 1 minute.
- Add tomatoes with reserved juice, tomato paste, bay leaf, and salt and simmer, uncovered, stirring occasionally, until thickened, 30 to 35 minutes. Discard bay leaf.
- Stir together bread crumbs and milk in a large bowl and let stand 10 minutes.
- Add meat, garlic, cheese, egg, parsley, salt, and pepper and blend with your hands until just combined well (do not overmix). Form level 1/2-teaspoon portions into meatballs (you should have about 135).
- Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then fry meatballs in 5 batches (do not crowd), turning occasionally, until browned well and cooked through, about 2 minutes per batch.
- Transfer as browned to paper towels using a slotted spoon.
- Stir together all filling ingredients until combined well.
- Put oven rack in middle position and preheat oven to 425F.
- Cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, until al dente.
- Drain in a colander, then rinse under cold water and drain again.
- Spread 2 cups sauce in a 13- by 9-inch or other 3-quart glass or ceramic baking dish and arrange one third of fettuccine over sauce, then top with all of meatballs. Make another layer each of 2 cups sauce and one third of fettuccine, then spread with all of filling. Top with remaining fettuccine, then remaining sauce.
- Sprinkle evenly with mozzarella.
- Bake, loosely covered with foil, 10 minutes.
- Remove foil and bake until sauce is bubbling and cheese is golden, about 20 minutes more.
- Transfer to a rack and cool, about 20 minutes.
- Cooks' note: Sauce can be made 3 days ahead and cooled completely, uncovered, then chilled, covered.

## Nutrition Facts

**PROTEIN 21.89%** **FAT 60.55%** **CARBS 17.56%**

### Properties

Glycemic Index:35.2, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:24.373043288355%

## Flavonoids

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: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 518.3kcal (25.92%), Fat: 35.03g (53.89%), Saturated Fat: 13.94g (87.1%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 20.1g (7.31%), Sugar: 6.42g (7.13%), Cholesterol: 224.58mg (74.86%), Sodium: 1096.89mg (47.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin K: 68.46µg (65.2%), Selenium: 34.7µg (49.57%), Phosphorus: 412.78mg (41.28%), Calcium: 392.66mg (39.27%), Vitamin B12: 2.15µg (35.76%), Vitamin B2: 0.59mg (34.77%), Zinc: 4.29mg (28.6%), Iron: 4.55mg (25.29%), Vitamin C: 20.39mg (24.72%), Vitamin B6: 0.49mg (24.25%), Vitamin B3: 4.35mg (21.76%), Vitamin A: 1065.61IU (21.31%), Vitamin B1: 0.29mg (19.61%), Vitamin E: 2.87mg (19.14%), Potassium: 644.92mg (18.43%), Manganese: 0.36mg (17.98%), Folate: 66.08µg (16.52%), Magnesium: 53.4mg (13.35%), Vitamin B5: 1.32mg (13.21%), Copper: 0.24mg (12.05%), Fiber: 2.76g (11.03%), Vitamin D: 1.12µg (7.48%)