



Fettuccine Meatball Lasagne

READY IN



1500 min.

SERVINGS



10

CALORIES



516 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
- ☐ 0.5 pound mozzarella fresh chilled grated
- ☐ 1 pound ricotta cheese fresh (preferably)
- ☐ 2 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
- ☐ 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

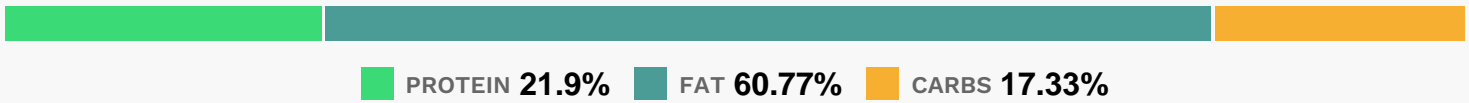
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden, about 6 minutes.
- ☐ Add garlic and oregano and sauté, 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 425°F.
- ☐ 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.
- ☐ • Sauce can be made 3 days ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:22.883043061132%

Flavonoids

Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 516.42kcal (25.82%), Fat: 35.01g (53.86%), Saturated Fat: 13.93g (87.08%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 19.77g (7.19%), Sugar: 6.4g (7.11%), Cholesterol: 224.58mg (74.86%), Sodium: 747.08mg (32.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.77%), Selenium: 34.57µg (49.39%), Vitamin K: 43.85µg (41.76%), Phosphorus: 410.53mg (41.05%), Calcium: 388.75mg (38.87%), Vitamin B12: 2.15µg (35.76%), Vitamin B2: 0.59mg (34.62%), Zinc: 4.26mg (28.42%), Iron: 4.44mg (24.67%), Vitamin B6: 0.47mg (23.63%), Vitamin C: 18.12mg (21.96%), Vitamin B3: 4.33mg (21.63%), Vitamin B1: 0.29mg (19.4%), Vitamin E: 2.86mg (19.06%), Vitamin A: 939.17IU (18.78%), Potassium: 632.93mg (18.08%), Manganese: 0.34mg (17.06%), Folate: 63.77µg (15.94%), Magnesium: 52.42mg (13.1%), Vitamin B5: 1.31mg (13.1%), Copper: 0.24mg (11.79%), Fiber: 2.69g (10.76%), Vitamin D: 1.12µg (7.48%)