



Fresh Grated Parmesan Spaghetti & Meatballs

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 1 lb extra-lean ground beef
- 2 cloves garlic minced
- 2 Tbsp milk
- 24 oz classico family favorites pasta sauce traditional
- 0.3 cup coarsely parmesan and romano cheeses refrigerated divided grated kraft
- 0.3 cup seasoned bread crumbs dry
- 0.5 lb pasta like spaghetti uncooked

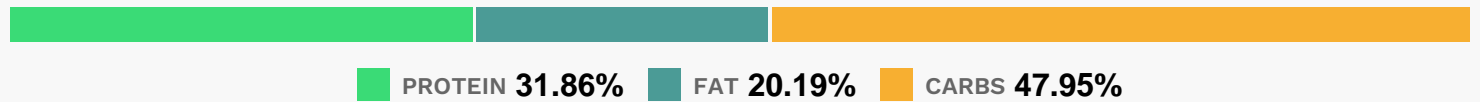
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 375F.
- Mix first 5 ingredients and 1/4 cup cheese; shape into 18 meatballs.
- Place in 15x10x1-inch pan sprayed with cooking spray.
- Bake 15 min. or until done (160F). Meanwhile, cook spaghetti as directed on package, omitting salt.
- Heat sauce in large saucepan.
- Drain spaghetti; place on platter. Stir meatballs into sauce; spoon over spaghetti. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:3.2356521344703%

Nutrients (% of daily need)

Calories: 57.09kcal (2.85%), Fat: 1.27g (1.96%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.24g (2.27%), Sugar: 0.99g (1.09%), Cholesterol: 13.82mg (4.61%), Sodium: 129.92mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Selenium: 7.31µg (10.45%), Zinc: 0.86mg (5.71%), Phosphorus: 56.03mg (5.6%), Vitamin B3: 1.09mg (5.45%), Vitamin B12: 0.32µg (5.35%), Manganese: 0.1mg (4.81%), Vitamin B6: 0.09mg (4.33%), Iron: 0.67mg (3.71%), Potassium: 124.19mg (3.55%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (2.78%), Magnesium: 10.41mg (2.6%), Vitamin E: 0.34mg (2.28%), Fiber: 0.56g (2.23%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 98.52IU (1.97%), Calcium: 19.53mg (1.95%), Vitamin B1: 0.03mg (1.9%), Vitamin C: 1.45mg (1.75%), Folate: 5.59µg (1.4%), Vitamin K: 1.15µg (1.09%)