



Garlicky Meatball Pasta

READY IN



31 min.

SERVINGS



4

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large eggs lightly beaten
- ☐ 9 ounces fettuccine barilla refrigerated
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 12 ounces ground sirloin
- ☐ 0.4 teaspoon kosher salt
- ☐ 1.8 cups lower-sodium marinara sauce
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup panko bread crumbs
- ☐ 1 ounce parmesan cheese grated
- ☐ 4 servings greens salad mixed

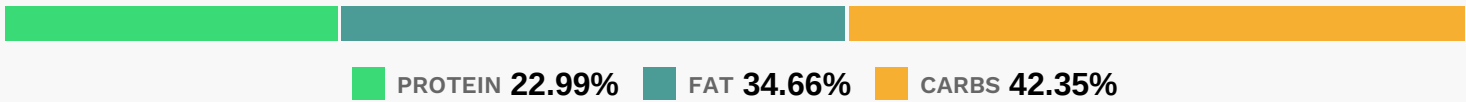
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pasta per directions.
- ☐ Drain over a bowl, and reserve 1/3 cup pasta water.
- ☐ While pasta cooks, combine beef and next 6 ingredients (through egg); shape mixture into 16 meatballs.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add meatballs; cook 5 minutes, browning on all sides. Reduce heat to medium-low.
- ☐ Add marinara and 1/3 cup pasta water. Cover and cook 11 minutes or until meatballs are done. Divide the pasta evenly among 4 plates; top evenly with sauce, meatballs, and cheese.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:21.15, Inflammation Score:-8, Nutrition Score:26.596086833788%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 555.89kcal (27.79%), Fat: 21.38g (32.89%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 54.64g (19.87%), Sugar: 5.6g (6.23%), Cholesterol: 162.73mg (54.24%), Sodium: 992.6mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.82%), Selenium: 72.05µg (102.93%), Phosphorus: 433.62mg (43.36%), Manganese: 0.87mg (43.29%), Zinc: 5.86mg (39.03%), Vitamin B12: 2.25µg

(37.55%), Vitamin B3: 7.13mg (35.66%), Vitamin B6: 0.63mg (31.4%), Iron: 5.02mg (27.91%), Potassium: 845.79mg (24.17%), Vitamin A: 1187.24IU (23.74%), Vitamin B2: 0.39mg (22.98%), Copper: 0.43mg (21.71%), Vitamin C: 17.61mg (21.35%), Magnesium: 82.5mg (20.63%), Vitamin B1: 0.27mg (17.73%), Vitamin B5: 1.71mg (17.08%), Vitamin E: 2.55mg (17.02%), Calcium: 166.89mg (16.69%), Fiber: 4.15g (16.58%), Folate: 63.87µg (15.97%), Vitamin K: 14.81µg (14.11%), Vitamin D: 0.56µg (3.75%)