



Grandma's Homemade Italian Sauce and Meatballs

READY IN



540 min.

SERVINGS



10

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon basil leaves dried
- ☐ 2 tablespoons parsley dried
- ☐ 1.3 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef

- ☐ 0.3 pound ground pork
- ☐ 0.3 pound ground veal
- ☐ 8 ounce mushrooms sliced
- ☐ 1 onion diced
- ☐ 5 pork chops
- ☐ 1 cup romano cheese grated
- ☐ 1 teaspoon salt
- ☐ 48 ounces tomato paste
- ☐ 12 cups water

Equipment

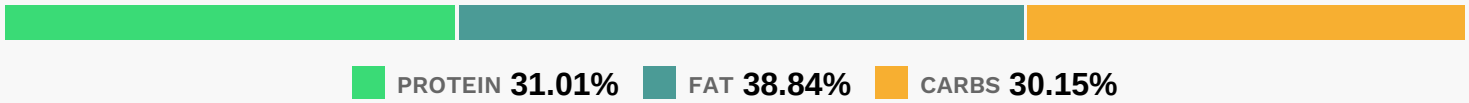
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ In a large pot combine tomato paste, water, garlic, bay leaves, basil, and salt. Bring to a boil, turn heat down to low and simmer.
- ☐ In a skillet, brown pork chops in olive oil then place in sauce mixture.
- ☐ Saute onions and mushrooms in same pan that you browned the pork chops.
- ☐ Add these to sauce as well. Simmer sauce a minimum of 8 hours, stirring occasionally.
- ☐ To make the meatballs: Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine beef, pork, veal, Romano cheese, salt, pepper, bread crumbs, garlic, parsley and eggs; mix well. Shape into balls.
- ☐ Place on a baking sheet that has been sprayed with cooking spray.
- ☐ Bake meatballs for 20 minutes.

Place meatballs in a serving bowl when baking is complete and place in refrigerator. About 2 hours prior to dinnertime pop the meatballs into the sauce.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:9.62, Inflammation Score:-9, Nutrition Score:36.603478120721%

Flavonoids

Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 493.92kcal (24.7%), Fat: 21.91g (33.71%), Saturated Fat: 8.65g (54.05%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 31.38g (11.41%), Sugar: 18.47g (20.53%), Cholesterol: 137.69mg (45.9%), Sodium: 1635.07mg (71.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.73%), Vitamin B3: 14.6mg (73.02%), Selenium: 49.77µg (71.11%), Potassium: 1980mg (56.57%), Vitamin B6: 1.11mg (55.51%), Vitamin B1: 0.8mg (53.58%), Phosphorus: 521.11mg (52.11%), Vitamin A: 2180.06IU (43.6%), Vitamin E: 6.36mg (42.43%), Vitamin B2: 0.7mg (41.03%), Vitamin C: 31.87mg (38.63%), Iron: 6.95mg (38.63%), Copper: 0.76mg (37.94%), Zinc: 5.18mg (34.53%), Manganese: 0.67mg (33.59%), Vitamin B12: 1.8µg (30.06%), Vitamin K: 29.86µg (28.44%), Fiber: 6.88g (27.53%), Magnesium: 108.77mg (27.19%), Calcium: 227.92mg (22.79%), Vitamin B5: 1.75mg (17.49%), Folate: 48.79µg (12.2%), Vitamin D: 0.58µg (3.9%)