



 **57%**
HEALTH SCORE

Grilled Spaghetti

READY IN



94 min.

SERVINGS



6

CALORIES



1531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bacon sliced into lardons
- 1 tablespoon basil leaves finely chopped
- 6 servings pepper black freshly ground
- 1 cup bread crumbs dried fine
- 2 tablespoons brown sugar
- 1 small can chipotle peppers in adobo
- 84 ounce tomatoes chopped canned
- 1 carrots chopped
- 1 stalk celery chopped

- 1.5 glasses chianti
- 3 tablespoons cider vinegar
- 1 large eggs
- 2 tablespoons flat-leaf parsley finely chopped
- 1 tablespoon rosemary leaves fresh minced
- 1 clove garlic minced
- 4 cloves garlic minced
- 1 pound ground sirloin
- 0.5 cup olive oil
- 6 servings olive oil extra-virgin
- 1 onion chopped
- 1 cup onion finely chopped
- 1 teaspoons oregano dried
- 2 tablespoons parmesan freshly grated
- 6 servings parmesan grated
- 2 tablespoons scallions thinly sliced
- 6 servings sea salt
- 6 servings sea salt
- 1.5 pounds pasta like spaghetti
- 1 small can tomato paste
- 1 cup water
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- sauce pan
- pot
- grill

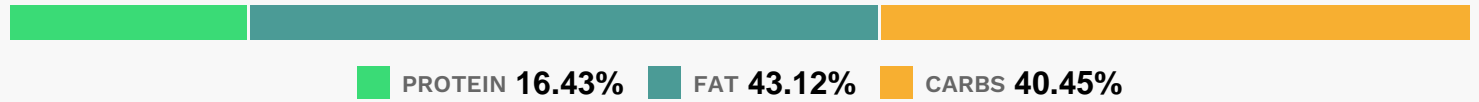
- stove
- slotted spoon

Directions

- Preheat a grill on medium-high heat.
- Bring a large pot of salted water to a boil, cook pasta about half way according to package instructions.
- Drain the pasta and toss lightly with olive oil. Using a grill grate, grill the pasta over medium-high heat for about 3 to 4 minutes.
- Transfer the grilled pasta to a serving platter and spoon BBQ Gravy over the top.
- Place meatballs over the top and around the perimeter of the platter and top with more Gravy.
- Sprinkle with the sliced scallions and grated Parmesan.
- Heat a large soup pot over medium-high heat.
- Add the olive oil and heat for 1 minute. When the oil is hot, add the bacon and render. When golden brown and beginning to crisp, add minced carrot, celery, onion, and garlic.
- Add a pinch of salt and saute vegetables to a light brown.
- Add rosemary and brown sugar and stir.
- Add Chianti and vinegar to pot, stir and bring to boil.
- Add the tomato paste, chipotles in adobo, and the chopped tomatoes. Stir and simmer for 1 to 1 1/2 hours, skimming the top occasionally to remove any scum that forms.
- While the BBQ gravy is simmering, make the meatballs.
- In a large bowl, mix together the meat, egg, Worcestershire, cheese, parsley, oregano, basil, onion, bread crumbs, and garlic, and season with salt and pepper.
- Add 1/2 cup of water. Knead the water into the meat mixture with your hands. Knead and roll meatballs into about 1 1/2-inch balls.
- Place them in shallow saucepan on stove, add another 1/2 cup of water over them, and cover. Turn heat to medium, and steam for 35 minutes.
- Using a slotted spoon, remove the meatballs from the pan.
- Drain the juice out of the bottom of the pan, return the meatballs to it and cover them with warm BBQ gravy.

Serve on top of Grilled Spaghetti.

Nutrition Facts



Properties

Glycemic Index:95.97, Glycemic Load:45.45, Inflammation Score:-10, Nutrition Score:59.234347612961%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.1mg, Apigenin: 3.1mg, Apigenin: 3.1mg, Apigenin: 3.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 1531.44kcal (76.57%), Fat: 72.03g (110.82%), Saturated Fat: 23.13g (144.59%), Carbohydrates: 152g (50.67%), Net Carbohydrates: 133.89g (48.69%), Sugar: 33.88g (37.64%), Cholesterol: 153.84mg (51.28%), Sodium: 2266.78mg (98.56%), Alcohol: 6.43g (100%), Alcohol %: 0.79% (100%), Protein: 61.77g (123.53%), Selenium: 116.54µg (166.49%), Manganese: 2.27mg (113.34%), Phosphorus: 894.42mg (89.44%), Vitamin B3: 15.72mg (78.61%), Vitamin B6: 1.5mg (75%), Fiber: 18.11g (72.42%), Copper: 1.38mg (68.99%), Iron: 12.23mg (67.97%), Vitamin K: 71.28µg (67.89%), Calcium: 649.77mg (64.98%), Vitamin A: 3220.08IU (64.4%), Potassium: 2246.05mg (64.17%), Vitamin E: 9.44mg (62.91%), Vitamin B1: 0.92mg (61.35%), Vitamin C: 50.39mg (61.08%), Zinc: 8.56mg (57.1%), Magnesium: 209.77mg (52.44%), Vitamin B2: 0.74mg (43.28%), Vitamin B12: 2.54µg (42.26%), Folate: 128.77µg (32.19%), Vitamin B5: 3.12mg (31.22%), Vitamin D: 0.7µg (4.69%)