



Hearty Italian Meatballs

READY IN



60 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs italian
- 1 lb sausage meat italian
- 28 oz canned tomatoes whole with basil, undrained organic canned
- 1 teaspoon basil dried
- 1 eggs
- 1 clove garlic finely chopped
- 2 cloves garlic finely chopped
- 1 lb ground beef
- 0.3 cup milk

- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 1 cup onion finely chopped
- 0.5 teaspoon oregano dried
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon tomato paste

Equipment

- bowl
- frying pan
- sauce pan
- oven
- kitchen thermometer
- dutch oven

Directions

- Heat oven to 350F. In small skillet, heat 1 teaspoon oil over medium heat. Cook 1 cup onion in oil, stirring occasionally, until tender.
- Remove from heat; cool.
- In large bowl, mix onion and remaining meatball ingredients just until combined. Shape into tablespoon-size meatballs.
- Place in ungreased 15x10x1-inch pan.
- Bake uncovered 15 to 20 minutes or until no longer pink in center and meat thermometer inserted in center of meatball reads 160F.
- Meanwhile, in Dutch oven or large saucepan, heat oil over medium heat. Cook 1/2 cup onion in oil, stirring occasionally, until tender.
- Add garlic; cook 1 to 2 minutes longer.
- Add tomatoes, tomato paste and salt. Cook 5 minutes, breaking up tomatoes.

Add cooked meatballs to sauce. Simmer 10 to 15 minutes, stirring occasionally, until sauce is thickened.

Nutrition Facts

PROTEIN 21.78% **FAT 62.21%** **CARBS 16.01%**

Properties

Glycemic Index:37.5, Glycemic Load:3.1, Inflammation Score:-6, Nutrition Score:16.695652194645%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 409.75kcal (20.49%), Fat: 28.43g (43.74%), Saturated Fat: 9.91g (61.95%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 13.5g (4.91%), Sugar: 6.83g (7.59%), Cholesterol: 102.76mg (34.25%), Sodium: 898.71mg (39.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Vitamin B3: 6.86mg (34.29%), Vitamin B12: 1.82µg (30.38%), Vitamin B6: 0.59mg (29.36%), Zinc: 4.17mg (27.81%), Phosphorus: 243.18mg (24.32%), Vitamin B1: 0.35mg (23.05%), Iron: 3.77mg (20.95%), Potassium: 697.34mg (19.92%), Selenium: 13.12µg (18.74%), Manganese: 0.37mg (18.44%), Vitamin B2: 0.29mg (16.83%), Copper: 0.3mg (15.21%), Vitamin C: 12.54mg (15.2%), Vitamin E: 1.85mg (12.35%), Magnesium: 47.99mg (12%), Fiber: 2.97g (11.87%), Vitamin B5: 1.15mg (11.53%), Vitamin K: 11µg (10.47%), Calcium: 92.73mg (9.27%), Folate: 33.94µg (8.49%), Vitamin D: 1.02µg (6.77%), Vitamin A: 337.65IU (6.75%)