

Jansen's Spaghetti Sauce and Meatballs

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 56 ounce tomatoes chopped canned
- ☐ 1.5 cups corn flakes cereal crushed
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons parsley dried
- ☐ 3 eggs
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon garlic salt

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper black
- ☐ 6 servings sauce
- ☐ 6 servings meatballs
- ☐ 1.3 pounds ground meatloaf mix beef, pork veal
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup red wine
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 1 tablespoon sugar white

Equipment

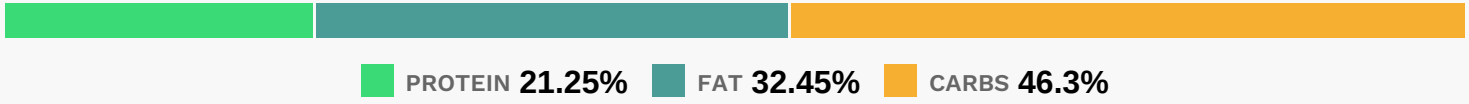
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ For the sauce, combine the chopped tomatoes, 2 cans tomato paste, tomato sauce, 4 teaspoons oregano, 2 teaspoons parsley, basil, 2 teaspoons sugar, salt, 6 cloves garlic, olive oil, and red wine in a large, heavy pot. Cover, and cook over medium heat until bubbling. Uncover, reduce heat to low, and simmer for at least one hour, stirring often.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Coat a baking sheet with non-stick cooking spray.
- ☐ Combine the meatloaf mix, corn flakes, eggs, 3 garlic cloves, Parmesan cheese, 3 tablespoons tomato paste, 2 teaspoons dried oregano, 2 tablespoons dried parsley, 1 tablespoon sugar, garlic salt, nutmeg, and black pepper in a large bowl.

- ☐
- Mix well with a large fork. Form the meat mixture into 1 1/2 inch firm balls.
- ☐
- Place the meatballs on the prepared pan.
- ☐
- Bake meatballs until browned and cooked though, about 20 to 30 minutes. Drop cooked meatballs into hot spaghetti sauce, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.35, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:43.509130353513%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 648.78kcal (32.44%), Fat: 24.87g (38.27%), Saturated Fat: 7.71g (48.2%), Carbohydrates: 79.85g (26.62%), Net Carbohydrates: 70.77g (25.74%), Sugar: 23.45g (26.05%), Cholesterol: 155.96mg (51.99%), Sodium: 1849.48mg (80.41%), Alcohol: 1.06g (100%), Alcohol %: 0.24% (100%), Protein: 36.64g (73.28%), Iron: 24.46mg (135.92%), Vitamin B6: 1.64mg (81.76%), Vitamin B3: 15.02mg (75.12%), Vitamin B2: 1.26mg (73.92%), Vitamin B1: 1.04mg (69.28%), Folate: 267.8µg (66.95%), Vitamin C: 45.14mg (54.71%), Vitamin B12: 3.27µg (54.54%), Vitamin A: 2292.46IU (45.85%), Manganese: 0.88mg (44.12%), Vitamin E: 5.96mg (39.73%), Copper: 0.76mg (38%), Potassium: 1281.19mg (36.61%), Fiber: 9.07g (36.29%), Vitamin K: 36.47µg (34.74%), Phosphorus: 279.76mg (27.98%), Magnesium: 104.26mg (26.06%), Selenium: 17.68µg (25.25%), Calcium: 219.36mg (21.94%), Vitamin D: 2.61µg (17.41%), Zinc: 2.29mg (15.29%), Vitamin B5: 1.52mg (15.16%)