



Johnsonville Classic Meatballs and Spaghetti

READY IN



35 min.

SERVINGS



10

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 24 ounces meatballs italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 24 ounces pasta sauce
- ☐ 16 ounces pasta like spaghetti

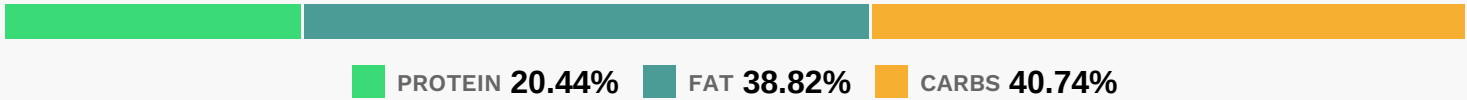
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine meatballs and pasta sauce. Simmer, covered for 20–25 minutes or until meatballs are heated through. Meanwhile, prepare spaghetti according to package directions, drain.
- ☐ Serve meatballs and sauce over hot pasta.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:14.78, Inflammation Score:-4, Nutrition Score:14.405217313896%

Nutrients (% of daily need)

Calories: 374.08kcal (18.7%), Fat: 16.01g (24.63%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.32g (12.84%), Sugar: 3.63g (4.04%), Cholesterol: 51.16mg (17.05%), Sodium: 407.08mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Selenium: 46.69µg (66.7%), Vitamin B1: 0.56mg (37.06%), Manganese: 0.5mg (24.88%), Phosphorus: 239.02mg (23.9%), Vitamin B3: 4.4mg (21.99%), Vitamin B6: 0.39mg (19.69%), Zinc: 2.39mg (15.96%), Potassium: 503.1mg (14.37%), Vitamin B2: 0.24mg (14.12%), Copper: 0.24mg (12.05%), Magnesium: 48.05mg (12.01%), Iron: 1.85mg (10.29%), Fiber: 2.47g (9.89%), Vitamin B5: 0.87mg (8.68%), Vitamin B12: 0.51µg (8.5%), Vitamin E: 1.04mg (6.95%), Vitamin A: 321IU (6.42%), Vitamin C: 5.24mg (6.35%), Calcium: 50.68mg (5.07%), Folate: 17.84µg (4.46%), Vitamin K: 1.99µg (1.9%)