



## Lady and the Tramp Spaghetti and Meatballs

READY IN



45 min.

SERVINGS



5

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 cups spaghetti hot cooked uncooked ( 8 ounces pasta)
- 2 tablespoons breadcrumbs dry
- 1 large egg whites lightly beaten
- 5 tablespoons basil fresh chopped
- 0.3 teaspoon garlic salt
- 1 pound ground sirloin
- 0.3 cup onion fresh minced
- 5 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper

25.5 ounce tomato basil sauce fat-free divided

## Equipment

bowl

frying pan

## Directions

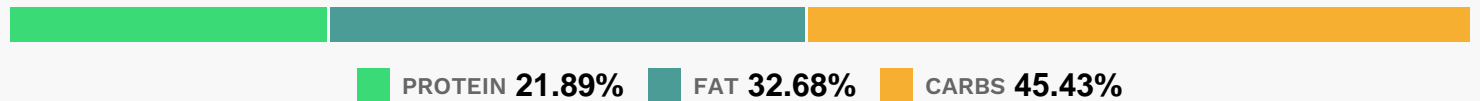
Combine the first 6 ingredients and 2 tablespoons of pasta sauce in a medium bowl. Shape the meat mixture into 25 (1-inch) meatballs.

Place a large nonstick skillet coated with cooking spray over medium heat until hot.

Add the meatballs, and cook 6 minutes, browning on all sides. Stir in remaining pasta sauce. Cover, reduce heat, and simmer 10 minutes or until the meatballs are done, stirring occasionally.

Serve the meatballs over spaghetti, and sprinkle with Parmesan cheese and fresh basil.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:19.92, Inflammation Score:-7, Nutrition Score:19.246521628421%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 564.54kcal (28.23%), Fat: 20.03g (30.81%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 55.13g (20.05%), Sugar: 11.84g (13.15%), Cholesterol: 66.04mg (22.01%), Sodium: 849.33mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.39%), Selenium: 55.42µg (79.18%), Vitamin B12: 2.06µg (34.27%), Zinc: 5.09mg (33.91%), Fiber: 7.52g (30.08%), Phosphorus: 279.22mg (27.92%), Manganese: 0.55mg (27.4%), Iron: 4.84mg (26.88%), Vitamin B3: 5.08mg (25.41%), Potassium: 838.61mg (23.96%), Vitamin A: 1016.95IU (20.34%), Vitamin B6: 0.4mg (20.23%), Vitamin B2: 0.23mg (13.65%), Calcium: 127.55mg (12.76%), Magnesium: 47.98mg (11.99%), Copper: 0.23mg (11.34%), Vitamin C: 7.89mg (9.57%), Vitamin K: 10.02µg (9.55%), Vitamin B1: 0.11mg (7.39%), Vitamin B5: 0.72mg (7.21%), Folate: 22.98µg (5.75%), Vitamin E:

0.47mg (3.11%)