



Mama's Best Ever Spaghetti & Meatballs

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces pasta like spaghetti cooked drained
- ☐ 2 eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1.5 pound ground beef lean
- ☐ 4 slices grain bread whole
- ☐ 1 jar pasta sauce ragu® old world style® (1 lb. 10 oz.)

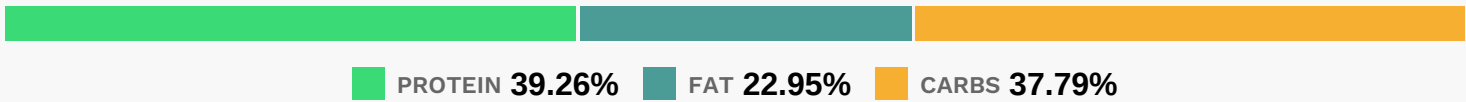
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine ground beef, bread, eggs, 1/2 cup Pasta Sauce, Italian seasoning and garlic powder in medium bowl; shape into 18 meatballs.
- ☐ Bring remaining Pasta Sauce to a boil over medium-high heat in 3-quart saucepan. Gently stir in uncooked meatballs. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes or until meatballs are done.
- ☐ Serve over hot spaghetti.
- ☐ TIP: Try adding a cube of mozzarella cheese to the center of each meatball for an easy but fun recipe twist.
- ☐ Cost per recipe*: \$84
- ☐ Cost per serving*: \$71
- ☐ *Based on average retail prices at national supermarkets.
- ☐ Calories 470, Calories From Fat 90, Saturated Fat 3g, Trans Fat 5g, Total Fat 10g, Cholesterol 130mg, Sodium 640mg, Total Carbohydrate 59g, Sugars 9g, Dietary Fiber 5g, Protein 36g, Vitamin A 10%, Vitamin C 4%, Calcium 25%, Iron 30%

Nutrition Facts



Properties

Glycemic Index:28.87, Glycemic Load:14.77, Inflammation Score:-6, Nutrition Score:22.234347820282%

Nutrients (% of daily need)

Calories: 341.38kcal (17.07%), Fat: 8.6g (13.23%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 27.95g (10.16%), Sugar: 5.24g (5.82%), Cholesterol: 124.87mg (41.62%), Sodium: 717.55mg (31.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.21%), Selenium: 44.74µg (63.91%), Zinc: 6.84mg (45.58%), Vitamin B12: 2.67µg (44.51%), Vitamin B3: 8.43mg (42.13%), Manganese: 0.73mg (36.37%), Phosphorus: 357.39mg (35.74%), Vitamin B6: 0.65mg (32.62%), Iron: 5.32mg (29.53%), Potassium: 824.4mg (23.55%), Vitamin B2: 0.37mg (21.57%), Magnesium: 68.83mg (17.21%), Copper: 0.33mg (16.44%), Fiber: 3.92g (15.69%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.5mg (14.97%), Vitamin A: 573.33IU (11.47%), Vitamin B1: 0.16mg (10.98%), Vitamin C:

7.94mg (9.62%), Folate: 35.03µg (8.76%), Calcium: 71.44mg (7.14%), Vitamin K: 6.05µg (5.76%), Vitamin D: 0.41µg (2.71%)