



## Meatball Spaghetti Sauce

READY IN



90 min.

SERVINGS



6

CALORIES



328 kcal

SAUCE

### Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon cayenne pepper
- 21.5 ounce condensed tomato soup canned
- 0.5 teaspoon basil leaves dried
- 1 teaspoon parsley dried
- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme leaves dried
- 1 cup bread crumbs dry
- 1 eggs

- 2 cloves garlic minced
- 1 pound ground beef lean
- 2 tablespoons juice of lemon
- 0.7 cup milk
- 2 tablespoons olive oil
- 2 onions finely chopped
- 0.5 teaspoon salt
- 21.5 ounce water canned

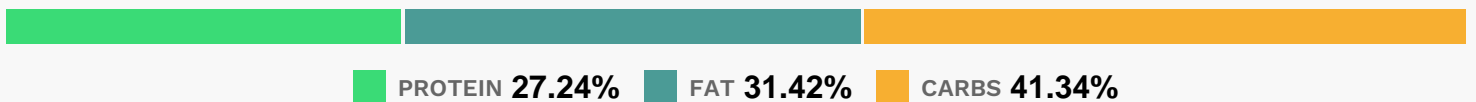
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Combine in a bowl ground beef, bread crumbs, milk, egg, garlic, onions, salt, parsley and pepper; mix well.
- Roll into 1 inch balls and set aside.
- Heat oil in large skillet over medium heat; add meatballs and cook gently so they stay whole and are lightly browned.
- Mix together tomato soup, water, lemon juice, salt, parsley, basil, sage, thyme and cayenne pepper in a large saucepan, add meatballs and simmer for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:32.58, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:17.528260925542%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

## Nutrients (% of daily need)

Calories: 327.85kcal (16.39%), Fat: 11.49g (17.68%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 31.33g (11.39%), Sugar: 12.51g (13.9%), Cholesterol: 77.4mg (25.8%), Sodium: 786.22mg (34.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.42g (44.83%), Selenium: 23.85µg (34.08%), Vitamin B12: 1.97µg (32.8%), Vitamin B3: 6.33mg (31.63%), Zinc: 4.6mg (30.66%), Potassium: 986.97mg (28.2%), Phosphorus: 266.13mg (26.61%), Vitamin B6: 0.5mg (24.87%), Vitamin C: 18.19mg (22.05%), Iron: 3.72mg (20.65%), Manganese: 0.41mg (20.25%), Vitamin B1: 0.29mg (19.12%), Vitamin B2: 0.29mg (17.34%), Magnesium: 49.04mg (12.26%), Calcium: 108.24mg (10.82%), Fiber: 2.69g (10.76%), Vitamin K: 11.1µg (10.58%), Vitamin A: 522.36IU (10.45%), Copper: 0.2mg (9.92%), Vitamin E: 1.39mg (9.28%), Folate: 35.12µg (8.78%), Vitamin B5: 0.86mg (8.57%), Vitamin D: 0.52µg (3.47%)