



Meatballs and Spaghetti

READY IN



100 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 garlic minced
- ☐ 0.8 pound ground pork
- ☐ 0.8 pound ground sirloin
- ☐ 4 cups soy sauce
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion minced

- ☐ 1 teaspoon oregano dried
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 0.3 cup water
- ☐ 1.5 ounce sandwich bread white firm crumbled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat. Stir in onion; cover and cook 10 minutes. Uncover; stir, and reduce heat to medium. Cook 15 minutes or until onion is tender, stirring frequently.
- ☐ Add 1/4 cup water, stirring to loosen browned bits; cook 10 minutes, stirring frequently.
- ☐ Remove from heat; cool 10 minutes.
- ☐ Place marinara sauce in a Dutch oven. Bring to a simmer over low heat.
- ☐ Combine onion mixture, basil, and next 6 ingredients (through egg) in a large bowl.
- ☐ Add ground sirloin, ground pork, and crumbled bread; stir gently to combine. Shape meat mixture into 18 (2-inch) balls.
- ☐ Place meatballs in sauce. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until meatballs are done.
- ☐ While meatballs simmer, cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Serve meatballs and sauce over pasta.
- ☐ Sprinkle with Parmesan cheese, if desired.

Nutrition Facts



 **PROTEIN 29.58%**  **FAT 39.28%**  **CARBS 31.14%**

Properties

Glycemic Index:45.96, Glycemic Load:15.04, Inflammation Score:0, Nutrition Score:29.056521866633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 602.01kcal (30.1%), Fat: 26.3g (40.45%), Saturated Fat: 9.4g (58.75%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 43.22g (15.71%), Sugar: 4.6g (5.11%), Cholesterol: 113.59mg (37.86%), Sodium: 6413.96mg (278.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.56g (89.11%), Selenium: 53.29µg (76.12%), Phosphorus: 625.21mg (62.52%), Manganese: 1.24mg (62.12%), Vitamin B2: 0.74mg (43.52%), Magnesium: 171.17mg (42.79%), Vitamin B6: 0.84mg (42.13%), Vitamin B3: 8.14mg (40.71%), Zinc: 6.09mg (40.6%), Vitamin B1: 0.61mg (40.6%), Potassium: 1128.46mg (32.24%), Vitamin B12: 1.76µg (29.3%), Iron: 5.23mg (29.04%), Folate: 112.28µg (28.07%), Calcium: 173.63mg (17.36%), Vitamin B5: 1.66mg (16.61%), Copper: 0.31mg (15.35%), Fiber: 3.68g (14.73%), Vitamin K: 12.98µg (12.36%), Vitamin E: 1.52mg (10.12%), Vitamin C: 4.87mg (5.9%), Vitamin A: 222.93IU (4.46%), Vitamin D: 0.25µg (1.65%)