



## Meatballs and Twisters

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces rainbow-colored candy uncooked (spiral)
- 0.5 pound ground beef
- 0.3 cup breadcrumbs soft
- 0.3 cup onion finely chopped
- 1 tablespoon worcestershire sauce
- 0.1 teaspoon ground pepper red (cayenne)
- 2 cloves garlic finely chopped
- 28 ounces tomatoes diced undrained canned

- 0.3 cup parsley fresh finely chopped
- 0.3 cup tomato paste
- 0.7 cup chicken broth (from 32 oz carton)
- 2 tablespoons sugar
- 2 tablespoons basil dried fresh chopped
- 2 teaspoons oregano dried fresh chopped
- 1 teaspoon salt

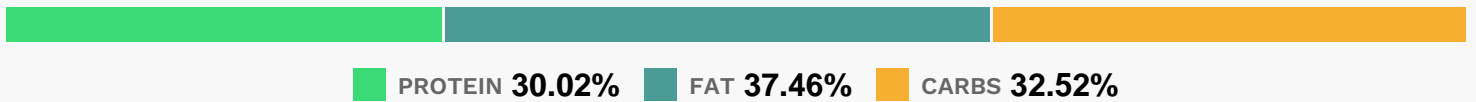
## Equipment

- frying pan

## Directions

- Cook and drain pasta as directed on package.
- While pasta is cooking, spray 10-inch nonstick skillet with cooking spray.
- Mix beef, bread crumbs, onion, Worcestershire sauce, red pepper and garlic. Shape mixture into 1-inch balls. Cook meatballs in skillet over medium-high heat until brown on all sides.
- Stir in remaining ingredients.
- Heat to boiling; reduce heat. Cook about 15 minutes or until meatballs are no longer pink in center.
- Serve over pasta.

## Nutrition Facts



## Properties

Glycemic Index:60.27, Glycemic Load:5.75, Inflammation Score:-9, Nutrition Score:28.561739418818%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.64mg,

Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 339.35kcal (16.97%), Fat: 14.4g (22.15%), Saturated Fat: 5g (31.24%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 23.5g (8.54%), Sugar: 14.55g (16.17%), Cholesterol: 74.49mg (24.83%), Sodium: 1321.25mg (57.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.93%), Vitamin K: 111.41µg (106.11%), Vitamin B12: 3.78µg (62.93%), Vitamin B3: 8.3mg (41.52%), Iron: 7.06mg (39.22%), Vitamin B6: 0.76mg (37.83%), Vitamin C: 30.48mg (36.95%), Manganese: 0.7mg (34.77%), Phosphorus: 328.98mg (32.9%), Potassium: 1136.58mg (32.47%), Selenium: 19.59µg (27.99%), Zinc: 3.78mg (25.21%), Vitamin B2: 0.38mg (22.5%), Calcium: 210.43mg (21.04%), Vitamin B1: 0.31mg (20.49%), Magnesium: 81.35mg (20.34%), Copper: 0.4mg (19.76%), Fiber: 4.64g (18.56%), Vitamin E: 2.76mg (18.4%), Vitamin A: 895.39IU (17.91%), Folate: 55.5µg (13.87%), Vitamin B5: 1.19mg (11.88%)