



Meatless Meatballs over Herbed Spaghetti Squash



Vegetarian



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce 1 (12-ounce) package frozen zesty italian-flavored meatless meatballs (such as nate's) frozen (such as Nate's)
- ☐ 8 ounce prechopped onion
- ☐ 26 ounce tomato-garlic pasta sauce fire roasted (such as Classico)
- ☐ 4 servings herbed spaghetti squash
- ☐ 2 tablespoons sun-dried tomato pesto (such as Classico)

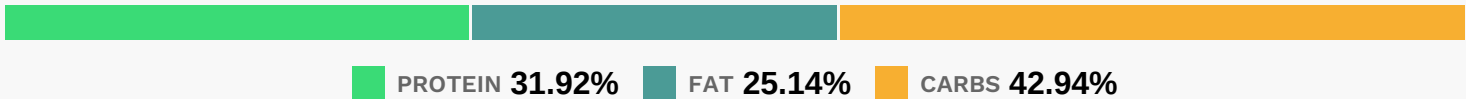
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat; coat pan with cooking spray.
- ☐ Add onion; saut 3 to 4 minutes or until tender.
- ☐ Add meatballs, pasta sauce, and pesto to pan; bring to a boil. Reduce heat; simmer 10 minutes or until meatballs are thoroughly heated. Spoon meatballs and sauce over Herbed Spaghetti Squash, and sprinkle with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:10.260434793389%

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: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 217.92kcal (10.9%), Fat: 6.44g (9.9%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 17.36g (6.31%), Sugar: 10.44g (11.6%), Cholesterol: 0.6mg (0.2%), Sodium: 1359.85mg (59.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Fiber: 7.38g (29.54%), Potassium: 822.51mg (23.5%), Vitamin C: 17.4mg (21.09%), Iron: 3.51mg (19.49%), Vitamin E: 2.67mg (17.77%), Vitamin A: 848.61IU (16.97%), Manganese: 0.27mg (13.58%), Vitamin B6: 0.25mg (12.48%), Copper: 0.23mg (11.72%), Vitamin B3: 1.9mg (9.51%), Calcium: 88.85mg (8.89%), Magnesium: 33.43mg (8.36%), Vitamin B2: 0.14mg (7.96%), Folate: 27.48µg (6.87%), Phosphorus: 66.32mg (6.63%), Vitamin B5: 0.64mg (6.43%), Vitamin K: 5.4µg (5.14%), Vitamin B1: 0.07mg (4.71%), Zinc: 0.5mg (3.36%), Selenium: 1.39µg (1.99%)