



Megan's Amazing Spaghetti and Meatballs

READY IN



80 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 1 eggs beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon garlic powder
- ☐ 1.5 teaspoons garlic salt
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup seasoned bread crumbs italian
- ☐ 3 tablespoons penzey's southwest seasoning italian

- ☐ 0.5 pound ground beef lean
- ☐ 0.3 cup mozzarella cheese grated
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup red wine
- ☐ 16 ounce pasta like spaghetti
- ☐ 6 ounce tomato paste canned
- ☐ 2 tablespoons sugar white
- ☐ 1 onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic until onion is tender and translucent, about 5 minutes. Stir in crushed tomatoes, tomato paste, red wine, Italian seasoning, sugar, garlic powder, and garlic salt. Season with salt and black pepper. Bring to a boil, reduce heat to medium-low, and continue simmering while preparing meatballs.
- ☐ Mix ground beef, egg, bread crumbs, mozzarella cheese, and parsley in a large bowl.
- ☐ Roll walnut-size meatballs and place in the simmering sauce, making sure sauce covers entire meatball. Increase heat to medium and simmering until meatballs are no longer pink in the center, about 40 minutes, turning meatballs once about halfway through.
- ☐ Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 to 10 minutes.
- ☐ Drain.
- ☐ Serve meatballs and sauce over spaghetti with a sprinkle of Parmesan cheese.

Nutrition Facts



 **PROTEIN 20.42%**  **FAT 14.47%**  **CARBS 65.11%**

Properties

Glycemic Index:60.18, Glycemic Load:28.34, Inflammation Score:-7, Nutrition Score:24.30956530571%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 489.28kcal (24.46%), Fat: 7.67g (11.8%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 77.68g (25.89%), Net Carbohydrates: 71.45g (25.98%), Sugar: 12.01g (13.35%), Cholesterol: 58.08mg (19.36%), Sodium: 931.5mg (40.5%), Alcohol: 2.12g (100%), Alcohol %: 0.93% (100%), Protein: 24.36g (48.72%), Selenium: 61.52µg (87.89%), Manganese: 1.17mg (58.65%), Vitamin K: 46.56µg (44.34%), Phosphorus: 339.66mg (33.97%), Iron: 4.9mg (27.24%), Vitamin B6: 0.54mg (26.96%), Zinc: 3.95mg (26.36%), Vitamin B3: 5.18mg (25.88%), Fiber: 6.23g (24.94%), Copper: 0.5mg (24.91%), Magnesium: 87.98mg (22%), Potassium: 751.34mg (21.47%), Vitamin B12: 1.09µg (18.2%), Calcium: 180.43mg (18.04%), Vitamin C: 13.37mg (16.21%), Vitamin B2: 0.27mg (16.01%), Vitamin B1: 0.24mg (15.93%), Vitamin E: 2.23mg (14.89%), Folate: 51.31µg (12.83%), Vitamin B5: 1.1mg (10.98%), Vitamin A: 496.62IU (9.93%), Vitamin D: 0.22µg (1.49%)