



Mexican-Style Spaghetti and Meatballs

READY IN



75 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 anaheim chile pepper minced seeded (New Mexico)
- ☐ 1 teaspoon guajillo chile powder
- ☐ 1.5 teaspoons chili powder mexican-style
- ☐ 1 chipotle chile in adobo sauce finely chopped
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound pd of ground turkey

- ☐ 1 small jalapeno minced seeded
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion diced
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce pasta like spaghetti
- ☐ 24 ounce spaghetti sauce
- ☐ 1 tablespoon taco seasoning
- ☐ 2 tostada shells crushed fine

Equipment

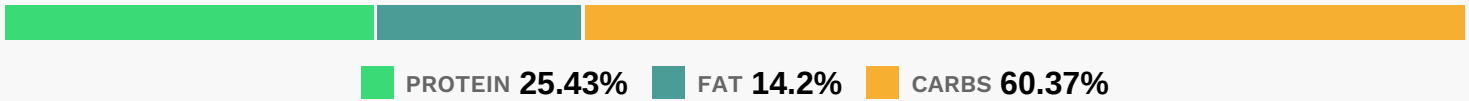
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place a sheet of aluminum foil onto a baking sheet, and lightly grease with cooking spray.
- ☐ Place the ground turkey into a large mixing bowl and sprinkle with the Mexican chili powder, guajillo chile powder, salt, black pepper, and Parmesan cheese.
- ☐ Add the egg, olive oil, chopped onion, jalapeno pepper, and Anaheim pepper.
- ☐ Mix well with your hands until evenly blended, then sprinkle with the tostada crumbs and bread crumbs.
- ☐ Mix again until the bread crumbs are incorporated. Form the meatball mixture into 1-inch balls and place onto the prepared baking sheet.

- ☐ Bake in the preheated oven until the meatballs have lightly browned and are no longer pink in the center, about 40 minutes. Turn the meatballs over after 20 minutes to ensure even cooking.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ After you have flipped the meatballs, stir together the diced tomatoes, diced onion, chipotle chile, spaghetti sauce, and taco seasoning in a large saucepan. Bring to a simmer over medium-high heat, then reduce the heat to medium-low, and simmer 10 to 15 minutes until the onion is tender.
- ☐ Once the meatballs are ready, stir them into the sauce, and cook 5 minutes longer. Spoon the meatballs and sauce over the spaghetti to serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:26.28, Inflammation Score:-8, Nutrition Score:26.978695599929%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 505.29kcal (25.26%), Fat: 8.08g (12.43%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 77.3g (25.77%), Net Carbohydrates: 70.21g (25.53%), Sugar: 10.64g (11.82%), Cholesterol: 69.58mg (23.19%), Sodium: 1017.54mg (44.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.13%), Selenium: 69.57µg (99.39%), Vitamin B3: 11.15mg (55.74%), Manganese: 1.06mg (52.98%), Vitamin B6: 1.05mg (52.3%), Phosphorus: 411.76mg (41.18%), Potassium: 1009.2mg (28.83%), Fiber: 7.1g (28.4%), Copper: 0.56mg (27.86%), Magnesium: 103.01mg (25.75%), Iron: 4.26mg (23.66%), Vitamin A: 1135.33IU (22.71%), Vitamin C: 18.7mg (22.66%), Vitamin E: 3.35mg (22.33%), Zinc: 3.15mg (20.97%), Vitamin B2: 0.31mg (18.4%), Vitamin B1: 0.27mg (17.79%), Vitamin B5: 1.72mg (17.16%), Folate: 50.04µg (12.51%), Vitamin K: 10.78µg (10.26%), Calcium: 86.49mg (8.65%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.45µg (3.02%)