



Mummy Meatballs with Spaghetti

READY IN



45 min.

SERVINGS



16

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup breadcrumbs soft
- 1 large eggs
- 2 teaspoons ginger/garlic paste
- 1 teaspoon seasoning italian
- 1 pound ground beef lean
- 0.3 cup parmesan cheese grated
- 16 servings pimiento stuffed olives green
- 16 servings salt to taste

- 16 servings pasta like spaghetti cooked
- 1 quart pasta sauce
- 16 servings extra wide egg noodles cooked

Equipment

- bowl
- oven
- kitchen thermometer
- microwave
- ice cream scoop
- muffin tray

Directions

- Mix together ingredients for meatballs in a bowl. Preheat oven to 350F. Grease an 8 hole muffin tin. Use an ice cream scoop to divide out meatball mix and drop into muffin pan.
- Bake meatballs, for 35 minutes or until inside reaches 160F on an instant read thermometer.
- Drain meatballs on a cookie rack.
- Heat marinara sauce and cook spaghetti and rice noodles (separately) according to package directions.
- Drain pasta, keep spaghetti warm and cool rice noodles in cold water then drain. Slice meatballs in half horizontally to make two pieces, each with a flat surface. Pat rice noodles dry with paper toweling and layer over the top of the meatball, tucking sliced olives in for eyes. It is best to let the meatballs sit still for about 15 minutes so they become more tacky and hold together better. But since they will get cold, microwave them on a microwave-safe plate for a minute, then carefully place a mummy meatball onto a nest of sauced spaghetti and serve.

Nutrition Facts



PROTEIN 17.83% **FAT 15.16%** **CARBS 67.01%**

Properties

Glycemic Index:12.38, Glycemic Load:34.64, Inflammation Score:-6, Nutrition Score:19.927826086957%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 67.1%, Saltiness: 67.78%, Sourness: 43.44%, Bitterness: 48.1%, Savoriness: 100%, Fattiness: 60.59%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 530.63kcal (26.53%), Fat: 8.91g (13.71%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 88.61g (29.54%), Net Carbohydrates: 83.19g (30.25%), Sugar: 5g (5.55%), Cholesterol: 77.6mg (25.87%), Sodium: 876.61mg (38.11%), Protein: 23.58g (47.16%), Selenium: 87.44µg (124.92%), Manganese: 1.12mg (55.84%), Phosphorus: 336.6mg (33.66%), Zinc: 3.61mg (24.1%), Copper: 0.46mg (22.86%), Vitamin B3: 4.56mg (22.79%), Fiber: 5.42g (21.68%), Magnesium: 82.45mg (20.61%), Vitamin B6: 0.4mg (19.78%), Iron: 3.42mg (19.01%), Potassium: 562.43mg (16.07%), Vitamin B12: 0.86µg (14.3%), Vitamin B1: 0.21mg (14.1%), Vitamin E: 2.03mg (13.53%), Vitamin B2: 0.2mg (12.01%), Vitamin B5: 1.2mg (11.99%), Folate: 39.16µg (9.79%), Vitamin A: 402.34IU (8.05%), Calcium: 77.86mg (7.79%), Vitamin C: 4.34mg (5.26%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.27µg (1.78%)