



Not So Traditional Spaghetti and Meatballs

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 2 tablespoons basil dried
- ☐ 2 eggs
- ☐ 4 cloves garlic finely chopped
- ☐ 1.5 teaspoons garlic powder
- ☐ 2 pounds ground beef
- ☐ 1.5 tablespoons ground pepper black

- ☐ 1 cup italian-seasoned bread crumbs
- ☐ 3.5 tablespoons kosher salt
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons oregano dried
- ☐ 32 ounce pasta sauce prego® (such as)
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine beef, salt, oregano, basil, black pepper, chili powder, and garlic powder in a large bowl until well mixed. Stir in onion, cilantro, and garlic until evenly distributed. Make a well in the center of the beef mixture and add eggs and bread crumbs. Gradually incorporate eggs and bread crumbs into meat mixture by mixing the meat into the well. Shape meat into balls that are slightly smaller than a golf ball.
- ☐ Heat vegetable oil in a large skillet over medium heat; pan-fry meatballs in batches until browned on all sides, about 10 minutes.
- ☐ Transfer to a paper towel-lined plate to drain. Arrange meatballs in a large baking dish and cover with pasta sauce.
- ☐ Bake in preheated oven until meatballs are no longer pink in the center and pasta sauce is hot and bubbly, about 45 minutes. Allow meatballs and sauce to rest for 15 minutes before serving.

Nutrition Facts



 PROTEIN **24.28%**  FAT **55.73%**  CARBS **19.99%**

Properties

Glycemic Index:22, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:22.509130591932%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 412.9kcal (20.64%), Fat: 25.75g (39.61%), Saturated Fat: 9.47g (59.22%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 16.54g (6.02%), Sugar: 5.54g (6.16%), Cholesterol: 121.58mg (40.53%), Sodium: 3900.62mg (169.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.48%), Vitamin B12: 2.58µg (42.95%), Vitamin K: 42.62µg (40.59%), Zinc: 5.57mg (37.12%), Selenium: 25.53µg (36.47%), Vitamin B3: 7.12mg (35.59%), Iron: 5.97mg (33.18%), Manganese: 0.66mg (32.88%), Vitamin B6: 0.61mg (30.65%), Phosphorus: 275.25mg (27.52%), Vitamin B2: 0.39mg (22.94%), Potassium: 799.86mg (22.85%), Vitamin E: 3.05mg (20.31%), Vitamin A: 944.79IU (18.9%), Fiber: 4.24g (16.97%), Vitamin B1: 0.24mg (16.11%), Copper: 0.31mg (15.64%), Magnesium: 60.42mg (15.11%), Calcium: 128.08mg (12.81%), Vitamin B5: 1.25mg (12.55%), Folate: 50.22µg (12.55%), Vitamin C: 9.74mg (11.8%), Vitamin D: 0.33µg (2.22%)