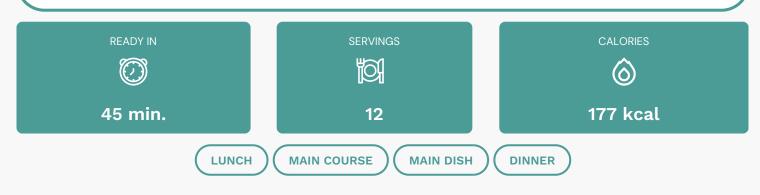


# **Old-Fashioned Meatballs in Red Sauce**



### **Ingredients**

- <del></del>
2 eggs lightly beaten
2 large garlic clove minced
1 pound ground round (15 percent fat)
0.5 pound sausage sweet italian
0.3 cup pecorino cheese grated
1.8 cups canned tomatoes canned crushed

0.3 cup breadcrumbs plain dry

## **Equipment**

	oven	
	baking pan	
	glass baking pan	
Directions		
	Remove ground round and sausage from refrigerator 30 to 60 minutes before cooking, if possible.	
	Place bread crumbs in large bowl and stir in 1/3 cup water. When absorbed, blend together with eggs, garlic, 1/4 cup grated Romano, 1/4 teaspoon salt, and 1/4 teaspoon pepper.	
	Preheat oven to 425°F.	
	Add meats to bread crumb mixture and combine well with fork. Form into 12 even balls.	
	Lay in 1 layer in 8 x 14-inch baking dish so each is separated by about 1 inch.	
	Stir 1/4 cup water into crushed tomatoes and season with 1/8 teaspoon salt and pepper to taste.	
	Pour tomatoes over and around meatballs.	
	Sprinkle tops with remaining 11/3 tablespoons grated Romano.	
	Bake in center of oven until meatballs are just cooked through, about 18 minutes.	
	Serve hot.	
	We substituted ground sirloin for the ground round in this recipe and added 1/8 teaspoon salt to the meat mixture and 1/8 teaspoon salt to the sauce. We recommend baking the meatballs in a 13- by 9-inch glass baking dish until they are just cooked through, 18 to 22 minutes.	
Nutrition Facts		
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	PROTEIN 29.77% FAT 58.45% CARBS 11.78%	

### **Properties**

Glycemic Index:10.25, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:8.3421738510546%

### **Flavonoids**

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

#### Nutrients (% of daily need)

Calories: 177.04kcal (8.85%), Fat: 11.41g (17.55%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.36g (1.58%), Sugar: 1.79g (1.99%), Cholesterol: 69.1mg (23.03%), Sodium: 275.48mg (11.98%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.07g (26.14%), Selenium: 14.65µg (20.94%), Vitamin B12: 1.11µg (18.57%), Zinc: 2.46mg (16.4%), Vitamin B3: 3.17mg (15.86%), Phosphorus: 149.03mg (14.9%), Vitamin B6: 0.27mg (13.69%), Vitamin B1: 0.18mg (12.24%), Iron: 1.83mg (10.18%), Vitamin B2: 0.17mg (9.74%), Potassium: 292.95mg (8.37%), Copper: 0.12mg (6.11%), Calcium: 59.99mg (6%), Manganese: 0.12mg (5.89%), Vitamin B5: 0.56mg (5.63%), Magnesium: 20.7mg (5.17%), Vitamin C: 3.78mg (4.58%), Vitamin E: 0.65mg (4.32%), Folate: 15.23µg (3.81%), Fiber: 0.82g (3.26%), Vitamin A: 127.05IU (2.54%), Vitamin K: 2.46µg (2.35%), Vitamin D: 0.2µg (1.32%)