



Old-Fashioned Meatballs in Red Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs plain dry
- 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

Equipment

- bowl
- 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 1 1/3 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



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

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: 0g (100%), Alcohol %: 0% (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%)