



Pasta Sauce with Meatballs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



322 kcal

SAUCE

Ingredients

- ☐ 4 servings pasta like spaghetti hot cooked
- ☐ 14 meatballs frozen cooked
- ☐ 4 cups pasta sauce thawed

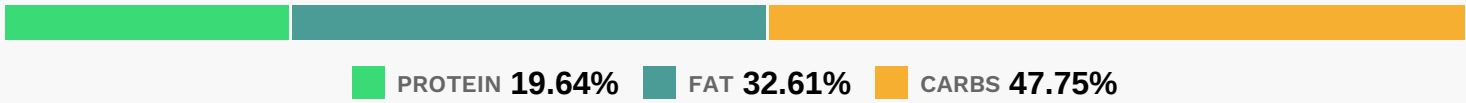
Equipment

- ☐ sauce pan

Directions

- ☐ Cook sauce and meatballs in a saucepan over medium heat 15 to 20 minutes or until thoroughly heated.
- ☐ Serve over hot cooked spaghetti.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:16.18, Inflammation Score:-7, Nutrition Score:17.911739245705%

Nutrients (% of daily need)

Calories: 321.97kcal (16.1%), Fat: 11.91g (18.32%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 34.04g (12.38%), Sugar: 9.2g (10.22%), Cholesterol: 35.28mg (11.76%), Sodium: 1189.59mg (51.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Selenium: 35.96µg (51.38%), Vitamin B1: 0.43mg (28.97%), Manganese: 0.54mg (27.04%), Potassium: 905.68mg (25.88%), Vitamin B3: 4.89mg (24.47%), Vitamin E: 3.58mg (23.86%), Vitamin B6: 0.47mg (23.47%), Iron: 3.87mg (21.51%), Vitamin A: 1064.28IU (21.29%), Vitamin C: 17.49mg (21.2%), Fiber: 5.2g (20.82%), Phosphorus: 201.2mg (20.12%), Copper: 0.39mg (19.44%), Vitamin B2: 0.29mg (17.14%), Magnesium: 61.36mg (15.34%), Zinc: 2.05mg (13.67%), Vitamin B5: 1.18mg (11.8%), Folate: 30.45µg (7.61%), Vitamin K: 6.86µg (6.53%), Vitamin B12: 0.34µg (5.72%), Calcium: 47.11mg (4.71%)