



## Real Meatballs and Spaghetti

READY IN



120 min.

SERVINGS



6

CALORIES



1122 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup bread crumbs fresh white (4 slices, crusts removed)
- 28 ounce canned tomatoes crushed chopped canned
- 1.5 pounds pasta like spaghetti cooked
- 1 extra large eggs beaten
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped
- 1.5 teaspoons garlic minced
- 1 pound ground beef

- 0.3 teaspoon ground nutmeg
- 0.5 pound ground pork
- 0.5 pound ground veal
- 1.5 teaspoons kosher salt
- 2 teaspoons kosher salt
- 1 tablespoon olive oil good
- 6 servings olive oil
- 6 servings parmesan freshly grated
- 0.5 cup parmesan cheese freshly grated
- 0.5 cup red wine such as chianti good
- 0.3 cup seasoned bread crumbs dry
- 6 servings vegetable oil
- 1 cup onion yellow chopped (1 onion)

## Equipment

- bowl
- frying pan
- paper towels
- spatula

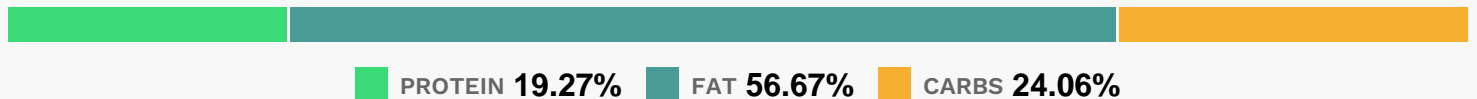
## Directions

- Watch how to make this recipe.
- Place the ground meats, both bread crumbs, parsley, Parmesan, salt, pepper, nutmeg, egg, and 3/4 cup warm water in a bowl.
- Combine very lightly with a fork. Using your hands, lightly form the mixture into 2-inch meatballs. You will have 14 to 16 meatballs.
- Pour equal amounts of vegetable oil and olive oil into a large (12-inch) skillet to a depth of 1/4-inch.
- Heat the oil. Very carefully, in batches, place the meatballs in the oil and brown them well on all sides over medium-low heat, turning carefully with a spatula or a fork. This should take

about 10 minutes for each batch. Don't crowd the meatballs.

- Remove the meatballs to a plate covered with paper towels. Discard the oil but don't clean the pan.
- For the sauce, heat the olive oil in the same pan.
- Add the onion and saute over medium heat until translucent, 5 to 10 minutes.
- Add the garlic and cook for 1 more minute.
- Add the wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes. Stir in the tomatoes, parsley, salt, and pepper.
- Return the meatballs to the sauce, cover, and simmer on the lowest heat for 25 to 30 minutes, until the meatballs are cooked through.
- Serve hot on cooked spaghetti and pass the grated Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:58.58, Glycemic Load:19.71, Inflammation Score:-8, Nutrition Score:39.916086746299%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 1122.16kcal (56.11%), Fat: 69.73g (107.27%), Saturated Fat: 21.3g (133.14%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 60.42g (21.97%), Sugar: 9.44g (10.49%), Cholesterol: 174.31mg (58.1%), Sodium: 2476.85mg

(107.69%), Alcohol: 2.12g (100%), Alcohol %: 0.49% (100%), Protein: 53.34g (106.67%), Selenium: 73.03µg (104.33%), Vitamin K: 81.39µg (77.52%), Phosphorus: 703.58mg (70.36%), Vitamin B3: 11.45mg (57.24%), Calcium: 567.37mg (56.74%), Zinc: 7.83mg (52.22%), Vitamin B12: 3.03µg (50.42%), Manganese: 0.96mg (48.16%), Vitamin B1: 0.72mg (47.87%), Vitamin B6: 0.93mg (46.67%), Iron: 7.26mg (40.31%), Vitamin B2: 0.68mg (39.71%), Vitamin E: 5.88mg (39.23%), Potassium: 1053.21mg (30.09%), Copper: 0.56mg (27.98%), Magnesium: 109.98mg (27.5%), Fiber: 6.2g (24.82%), Vitamin C: 17.44mg (21.14%), Vitamin B5: 2.11mg (21.12%), Folate: 77.85µg (19.46%), Vitamin A: 824IU (16.48%), Vitamin D: 0.45µg (3.03%)