

## Smart Spaghetti & Meatballs

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggs
- 1 lb extra-lean ground beef
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 cloves garlic minced
- 3 Tbsp parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 0.3 cup seasoned bread crumbs dry
- 1 cup milk mozzarella cheese shredded 2% divided kraft
- 0.5 lb pasta like spaghetti whole wheat uncooked

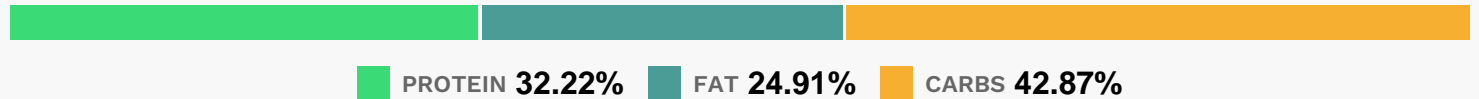
## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Heat oven to 375F.
- Combine first 5 ingredients, 3/4 cup mozzarella and 2 Tbsp. Parmesan. Shape into 18 meatballs, using about 2 Tbsp. for each; place on rimmed baking sheet sprayed with cooking spray.
- Bake 15 min. or until done (160F). Meanwhile, cook spaghetti as directed on package, omitting salt and heat pasta sauce in separate saucepan.
- Drain spaghetti; place on platter.
- Combine meatballs and sauce; spoon over spaghetti. Top with remaining cheeses.

## Nutrition Facts



## Properties

Glycemic Index:3.4, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:8.1078261357287%

## Nutrients (% of daily need)

Calories: 76.01kcal (3.8%), Fat: 2.17g (3.34%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.72g (2.81%), Sugar: 0.99g (1.1%), Cholesterol: 18.23mg (6.08%), Sodium: 177.17mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin K: 36.55µg (34.81%), Vitamin A: 1246.36IU (24.93%), Manganese: 0.34mg (17.08%), Selenium: 10.47µg (14.96%), Phosphorus: 82.15mg (8.22%), Zinc: 1.22mg (8.15%), Vitamin B3: 1.58mg (7.9%), Vitamin B12: 0.45µg (7.47%), Magnesium: 26.39mg (6.6%), Iron: 1.14mg (6.36%), Vitamin B6: 0.12mg (6.18%), Folate: 23.38µg (5.85%), Vitamin B2: 0.1mg (5.64%), Potassium: 178.29mg (5.09%), Vitamin B1: 0.07mg (4.83%), Calcium: 46.63mg (4.66%), Copper: 0.09mg (4.56%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.29mg (2.89%), Fiber: 0.68g (2.74%), Vitamin C: 2.21mg (2.67%)