



## Smoky Meatballs in Serrano Ham-Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes whole peeled undrained chopped canned
- 4 cups fettuccine barilla hot cooked uncooked ( 8 ounces pasta)
- 0.5 cup cooking sherry dry
- 1 large eggs
- 2 tablespoons flat-leaf parsley fresh chopped
- 1.5 teaspoons garlic fresh minced
- 1.5 teaspoons garlic minced

- 0.5 teaspoon kosher salt
- 1 pound ground beef 92% lean
- 1 ounce aged manchego cheese shredded finely
- 2 teaspoons olive oil divided
- 0.3 cup onion finely chopped
- 2 cups onion chopped
- 1.3 cups bell pepper red chopped
- 2 ounces serrano ham finely chopped
- 0.5 teaspoon paprika smoked
- 1.5 ounce bread white

## Equipment

- food processor
- bowl
- frying pan
- dutch oven

## Directions

- Place bread in a food processor; pulse 12 times or until coarse crumbs measure 1/2 cup.
- Combine breadcrumbs, beef, and next 7 ingredients (through egg) in a bowl. Using wet hands, shape mixture into 20 (about 2 tablespoons each) meatballs. Set aside.
- Heat 1 teaspoon oil in a large Dutch oven over medium heat.
- Add ham to pan, and cook for 3 minutes or until well browned, stirring frequently.
- Transfer to a large bowl.
- Add remaining 1 teaspoon oil to pan.
- Add meatballs; cook for 5 minutes or until browned, turning often.
- Add meatballs to ham in bowl. Coat pan with cooking spray.
- Add onion, bell pepper, and garlic to pan; cook 5 minutes or until tender, stirring often.

- Add sherry; cook for 3 minutes or until liquid almost evaporates, scraping pan to loosen browned bits.
- Add tomatoes and meatball mixture; bring to a boil. Cover, reduce heat, and simmer for 30 minutes or until sauce is slightly thickened.
- Remove from heat, and keep warm.
- Place 1 cup pasta in each of 4 shallow bowls; top each serving with 5 meatballs, 3/4 cup sauce, and 1 tablespoon shredded Manchego cheese.
- Garnish with additional parsley, if desired.

## Nutrition Facts

**PROTEIN 31.8%**

**FAT 27.79%**

**CARBS 40.41%**

### Properties

Glycemic Index:91.19, Glycemic Load:18.88, Inflammation Score:-9, Nutrition Score:35.004347894503%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 19.43mg, Quercetin: 19.43mg, Quercetin: 19.43mg, Quercetin: 19.43mg

### Nutrients (% of daily need)

Calories: 534.03kcal (26.7%), Fat: 15.97g (24.57%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 52.25g (17.42%), Net Carbohydrates: 46.05g (16.74%), Sugar: 11.87g (13.19%), Cholesterol: 161.86mg (53.95%), Sodium: 1053.03mg (45.78%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 41.1g (82.22%), Vitamin C: 88.08mg (106.76%), Selenium: 51.72µg (73.89%), Vitamin B6: 1.04mg (51.86%), Zinc: 7.34mg (48.93%), Vitamin B3: 9.23mg (46.16%), Vitamin B12: 2.74µg (45.73%), Phosphorus: 426.47mg (42.65%), Vitamin A: 2112.57IU (42.25%), Vitamin K: 43.36µg (41.3%), Manganese: 0.82mg (40.99%), Iron: 6.7mg (37.22%), Potassium: 1112.76mg (31.79%), Vitamin B2: 0.47mg (27.71%), Fiber: 6.2g (24.82%), Magnesium: 92.59mg (23.15%), Calcium: 224.17mg (22.42%), Folate: 88.5µg (22.13%), Vitamin E: 3.13mg (20.86%), Copper: 0.41mg (20.25%), Vitamin B1: 0.3mg (20.05%), Vitamin B5: 1.78mg (17.83%), Vitamin D: 0.47µg (3.11%)