



 **41%**
HEALTH SCORE

Smoky Meatballs in Serrano Ham-Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes whole peeled undrained chopped canned
- 4 cups cooked fettuccine hot cooked uncooked (8 ounces pasta)
- 0.5 cup sherry dry
- 1 large eggs
- 2 tablespoons 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 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 sandwich 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 30.98% **FAT 26.49%** **CARBS 42.53%**

Properties

Glycemic Index:100.69, Glycemic Load:22.94, Inflammation Score:0, Nutrition Score:38.634347718695%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 563.79kcal (28.19%), Fat: 16.27g (25.03%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 50.79g (18.47%), Sugar: 15.88g (17.65%), Cholesterol: 161.86mg (53.95%), Sodium: 1031.2mg (44.83%), Alcohol: 3.09g (100%), Protein: 42.82g (85.63%), Vitamin C: 87.88mg (106.52%), Selenium: 52.71µg (75.31%), Vitamin B6: 1.11mg (55.73%), Manganese: 1.03mg (51.51%), Vitamin B3: 10.24mg (51.22%), Zinc: 7.6mg (50.65%), Vitamin A: 2307.05IU (46.14%), Vitamin K: 48.13µg (45.83%), Vitamin B12: 2.74µg (45.73%), Phosphorus: 452.27mg (45.23%), Iron: 7.35mg (40.85%), Potassium: 1321.13mg (37.75%), Fiber: 7.99g (31.96%), Copper: 0.63mg (31.56%), Vitamin E: 4.26mg (28.4%), Magnesium: 110.45mg (27.61%), Vitamin B2: 0.47mg (27.36%), Folate: 98.42µg (24.61%), Vitamin B1: 0.36mg (24.02%), Calcium: 230.12mg (23.01%), Vitamin B5: 2.1mg (21%), Vitamin D: 0.47µg (3.11%)