



Spaghetti and Easy Meatballs

READY IN



30 min.

SERVINGS



6

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup onion chopped
- ☐ 6 servings parmesan
- ☐ 1 pound pasta like spaghetti

☐ 25 oz tomato sauce

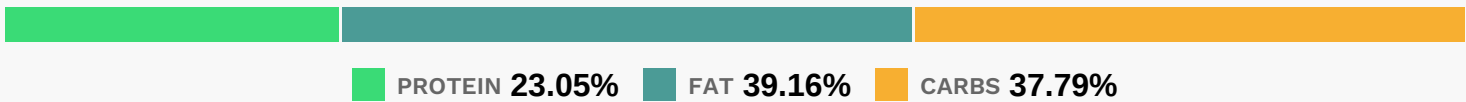
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ tongs
- ☐ colander

Directions

- ☐ Preheat oven to 375F. In a large pot of boiling salted water, cook spaghetti, stirring often, until al dente, about 10 minutes.
- ☐ Drain well in a colander. In a large, wide saucepan or deep skillet, heat tomato sauce over low heat while you proceed.
- ☐ While pasta is cooking, combine beef, soaked bread crumbs, cheese, onion, parsley, egg, garlic and salt in a large bowl. Form mixture into balls slightly larger than golf balls. (They will shrink as they cook.)
- ☐ Lay meatballs out on two nonstick or oiled baking sheets and bake in oven until nicely browned, about 10 minutes.
- ☐ Transfer meatballs from oven with tongs and place into simmering sauce to combine.
- ☐ Serve meatballs and sauce on top of spaghetti.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:25.37, Inflammation Score:-8, Nutrition Score:31.235217363938%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 768.21kcal (38.41%), Fat: 33.14g (50.98%), Saturated Fat: 14.23g (88.93%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 67.03g (24.37%), Sugar: 7.65g (8.49%), Cholesterol: 128.19mg (42.73%), Sodium: 1780.78mg (77.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.88g (87.76%), Selenium: 76.98µg (109.97%), Phosphorus: 598.36mg (59.84%), Vitamin B12: 2.88µg (48.06%), Manganese: 0.96mg (48.06%), Zinc: 7.18mg (47.86%), Vitamin K: 47.62µg (45.35%), Calcium: 437.29mg (43.73%), Vitamin B3: 7.99mg (39.94%), Vitamin B6: 0.67mg (33.53%), Iron: 5.33mg (29.61%), Vitamin B2: 0.47mg (27.44%), Potassium: 918.39mg (26.24%), Magnesium: 97.86mg (24.47%), Copper: 0.47mg (23.68%), Vitamin A: 996.33IU (19.93%), Fiber: 4.93g (19.7%), Vitamin B1: 0.26mg (17.14%), Vitamin E: 2.42mg (16.14%), Vitamin B5: 1.59mg (15.9%), Vitamin C: 12.89mg (15.63%), Folate: 53.72µg (13.43%), Vitamin D: 0.41µg (2.73%)