



Spaghetti and Meatball

READY IN



45 min.

SERVINGS



4

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves shredded
- ☐ 0.5 cup bread crumbs italian
- ☐ 1 small carrots peeled chopped
- ☐ 2 small ribs celery from the heart chopped
- ☐ 0.5 cup cheese grated plus more to pass at table
- ☐ 3 cups chicken stock see
- ☐ 1 loaf top italian for dunking
- ☐ 1 large eggs beaten
- ☐ 3 cloves garlic chopped

- ☐ 1 pound ground beef meatloaf mix
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium skinned onion yellow chopped
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 0.5 pound pasta like spaghetti
- ☐ 3 cups tomato sauce 14-ounce can plus one 8-ounce can canned

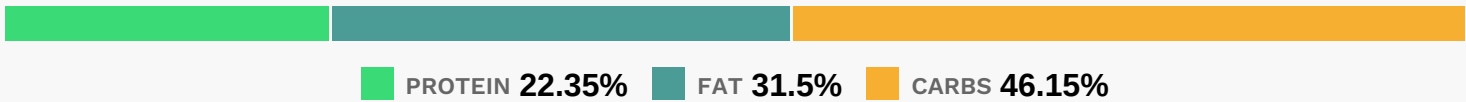
Equipment

- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a medium soup pot over medium heat.
- ☐ Add extra-virgin olive oil, 2 turns of the pan, carrots, onions, celery, garlic and saute 5 minutes.
- ☐ Add tomato sauce and stock and cover pot. Turn up heat and bring to a fast boil.
- ☐ While soup comes to a boil, mix the ground meat with cheese, bread crumbs, egg and parsley.
- ☐ Roll into 1 1/2- to 2-inch balls.
- ☐ Remove lid from soup and slide balls into soup. Bring back to a boil then stir in spaghetti. Reduce the heat and simmer soup 10 minutes more, until pasta is tender and balls have cooked through. Stir in basil and remove "stoup" from the stove.
- ☐ Serve soup with bread and cheese.

Nutrition Facts



Properties

Glycemic Index:108.08, Glycemic Load:61.61, Inflammation Score:-10, Nutrition Score:39.949130452198%

Flavonoids

Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 995.25kcal (49.76%), Fat: 35.81g (55.09%), Saturated Fat: 11.12g (69.5%), Carbohydrates: 118.06g (39.35%), Net Carbohydrates: 109.82g (39.93%), Sugar: 18.83g (20.92%), Cholesterol: 139.78mg (46.59%), Sodium: 2071.75mg (90.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.16g (114.32%), Selenium: 76.72µg (109.59%), Vitamin A: 3629.94IU (72.6%), Vitamin K: 76.08µg (72.46%), Manganese: 1.43mg (71.51%), Vitamin B1: 0.92mg (61.08%), Iron: 9.96mg (55.31%), Vitamin B3: 10.96mg (54.82%), Vitamin B2: 0.87mg (51.19%), Folate: 189.69µg (47.42%), Phosphorus: 448.28mg (44.83%), Copper: 0.69mg (34.68%), Potassium: 1184.54mg (33.84%), Fiber: 8.24g (32.96%), Vitamin B6: 0.61mg (30.7%), Magnesium: 116.26mg (29.07%), Vitamin E: 4.35mg (28.97%), Calcium: 286mg (28.6%), Vitamin C: 21.06mg (25.52%), Zinc: 3.21mg (21.38%), Vitamin B5: 1.55mg (15.46%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.31µg (2.08%)