



Spaghetti and Meatball Stew

READY IN



40 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 1 egg whites
- ☐ 0.5 lb ground beef 90% lean (at least)
- ☐ 0.3 cup breadcrumbs plain
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups water
- ☐ 2 cups tomato sauce fat-free
- ☐ 0.5 cup bell pepper green chopped

- ☐ 2.5 oz mushrooms drained sliced
- ☐ 5 oz soup noodles uncooked (nuggets)
- ☐ 2 tablespoons parmesan cheese grated

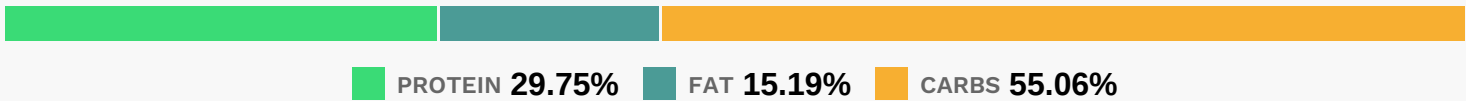
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. In medium bowl, mix milk and egg white. Stir in turkey, bread crumbs, poultry seasoning and pepper. Shape into 1-inch balls.
- ☐ Place in ungreased 15x10x1-inch pan.
- ☐ Bake about 10 minutes or until lightly browned and thoroughly cooked.
- ☐ Meanwhile, in 4-quart saucepan, heat water, pasta sauce, bell pepper and mushrooms to boiling. Stir in pasta. Reduce heat; simmer about 15 minutes or until pasta is of desired doneness, stirring occasionally. Stir in meatballs; heat until hot.
- ☐ Serve sprinkled with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:13.05, Inflammation Score:-7, Nutrition Score:18.762173901434%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 290.35kcal (14.52%), Fat: 4.92g (7.57%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 40.12g (13.37%),
Net Carbohydrates: 36.32g (13.21%), Sugar: 6.96g (7.73%), Cholesterol: 37.55mg (12.52%), Sodium: 736.29mg
(32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Selenium: 38.88µg (55.55%), Vitamin
B3: 6.13mg (30.66%), Vitamin C: 23.94mg (29.01%), Manganese: 0.57mg (28.73%), Zinc: 4.03mg (26.87%),
Phosphorus: 267.73mg (26.77%), Vitamin B6: 0.47mg (23.48%), Vitamin B12: 1.38µg (23.08%), Potassium: 772.23mg
(22.06%), Vitamin B2: 0.35mg (20.44%), Copper: 0.4mg (19.82%), Iron: 3.53mg (19.62%), Fiber: 3.8g (15.2%),
Magnesium: 60.16mg (15.04%), Vitamin E: 2.05mg (13.69%), Vitamin A: 639.89IU (12.8%), Vitamin B5: 1.27mg
(12.66%), Vitamin B1: 0.18mg (12.02%), Folate: 33.12µg (8.28%), Calcium: 82.04mg (8.2%), Vitamin K: 6.61µg (6.3%),
Vitamin D: 0.19µg (1.25%)