



Spaghetti and Meatballs

READY IN



35 min.

SERVINGS



4

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup torn basil leaves fresh
- 56 ounce tomatoes diced canned
- 1 pound extra-lean ground beef
- 1 teaspoon garlic and herb seasoning salt-free
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 0.3 cup parmesan grated
- 0.5 teaspoon pepper flakes red crushed
- 4 servings salt and pepper

- 1 pound pasta like spaghetti
- 6 ounce tomato paste canned

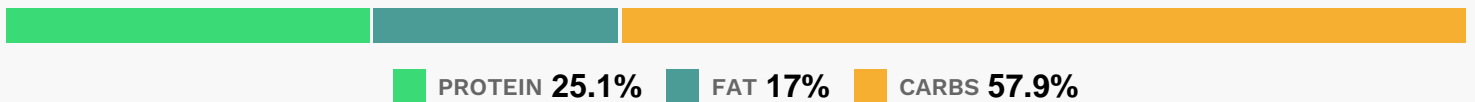
Equipment

- bowl
- dutch oven

Directions

- Heat oil in a large stock pot or Dutch oven over medium heat.
- Cook spaghetti according to package directions. In a large bowl, combine beef and garlic and herb seasoning, 1 teaspoon each salt and pepper.
- Mix well and shape mixture into meatballs (about 16 meatballs).
- Add meatballs and cook 5 minutes, until golden brown on all sides.
- Add tomatoes, tomato paste, oregano, and red pepper flakes and bring to a simmer. Simmer 10 minutes, until meatballs are cooked through. Reserve 1 1/2 cups sauce for another meal.
- Remove from heat and stir in basil.
- Serve sauce over spaghetti. Top with Parmesan just before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:34.98, Inflammation Score:-9, Nutrition Score:38.393478183643%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 719.24kcal (35.96%), Fat: 13.63g (20.96%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 104.47g (34.82%), Net Carbohydrates: 95.74g (34.81%), Sugar: 14.44g (16.04%), Cholesterol: 75.9mg (25.3%), Sodium:

1010.3mg (43.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.27g (90.55%), Selenium: 93.54µg (133.62%), Manganese: 1.48mg (74.14%), Vitamin B3: 11.59mg (57.93%), Phosphorus: 573.57mg (57.36%), Vitamin B6: 1.13mg (56.42%), Zinc: 8.25mg (55%), Vitamin C: 41.11mg (49.83%), Iron: 8.92mg (49.57%), Potassium: 1537.42mg (43.93%), Vitamin B12: 2.62µg (43.59%), Copper: 0.78mg (39.02%), Magnesium: 142.65mg (35.66%), Fiber: 8.73g (34.92%), Vitamin B2: 0.52mg (30.46%), Vitamin E: 4.39mg (29.26%), Calcium: 257.13mg (25.71%), Vitamin K: 26.03µg (24.79%), Vitamin B1: 0.36mg (24.23%), Vitamin B5: 1.84mg (18.42%), Folate: 66.07µg (16.52%), Vitamin A: 766.36IU (15.33%)