



Spaghetti and Meatballs

READY IN



95 min.

SERVINGS



6

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef
- 0.8 cup breadcrumbs dry
- 0.5 cup milk
- 2 tablespoons parmesan cheese grated
- 1 tablespoon parsley fresh chopped
- 1 teaspoon salt
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper
- 0.5 cup onion finely chopped

- 1 eggs
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 28 ounces canned tomatoes whole undrained canned
- 6 ounces canned tomatoes canned
- 0.3 cup parsley fresh chopped
- 0.3 cup water
- 1 teaspoon sugar
- 1 teaspoon salt
- 0.5 teaspoon basil dried
- 0.3 teaspoon pepper
- 16 ounces pasta like spaghetti
- 1 serving parmesan cheese grated

Equipment

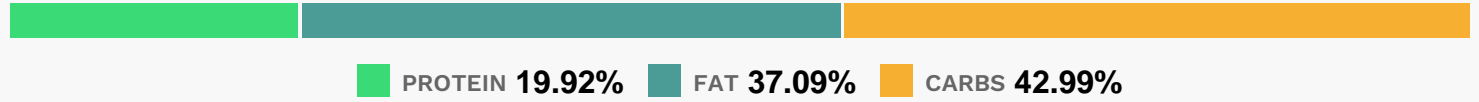
- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350°.
- Mix all ingredients. Shape mixture into 1 1/2-inch balls.
- Place in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Bake uncovered 15 to 20 minutes or until beef is no longer pink in center and juice is clear.
- Meanwhile, heat oil in Dutch oven over medium-high heat. Cook onion and garlic in oil, stirring occasionally, until onion is tender.
- Stir in remaining Sauce ingredients except spaghetti and cheese, breaking up tomatoes.
- Heat to boiling; reduce heat to low. Cover and simmer 30 minutes, stirring occasionally.

- Add meatballs to sauce. Cover and simmer 15 minutes. Cook and drain spaghetti as directed on package.
- Place spaghetti on large platter. Top with meatballs and sauce.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:67.52, Glycemic Load:24.75, Inflammation Score:-8, Nutrition Score:31.62913037383%

Flavonoids

Apigenin: 6.84mg, Apigenin: 6.84mg, Apigenin: 6.84mg, Apigenin: 6.84mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 740.35kcal (37.02%), Fat: 30.34g (46.68%), Saturated Fat: 11.12g (69.48%), Carbohydrates: 79.14g (26.38%), Net Carbohydrates: 73.54g (26.74%), Sugar: 10.1g (11.22%), Cholesterol: 116.03mg (38.68%), Sodium: 1319.47mg (57.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.33%), Selenium: 73.7µg (105.28%), Vitamin K: 67.5µg (64.28%), Manganese: 1.08mg (53.93%), Phosphorus: 466.93mg (46.69%), Vitamin B12: 2.74µg (45.65%), Zinc: 6.83mg (45.54%), Vitamin B3: 8.38mg (41.92%), Vitamin B6: 0.75mg (37.7%), Iron: 6.07mg (33.7%), Potassium: 951.05mg (27.17%), Vitamin B2: 0.45mg (26.64%), Vitamin C: 21.26mg (25.77%), Copper: 0.5mg (24.86%), Magnesium: 96.85mg (24.21%), Vitamin B1: 0.36mg (24.05%), Fiber: 5.6g (22.4%), Calcium: 217.15mg (21.72%), Folate: 64.68µg (16.17%), Vitamin B5: 1.47mg (14.67%), Vitamin E: 2.19mg (14.6%), Vitamin A: 617.65IU (12.35%), Vitamin D: 0.52µg (3.45%)