



HEALTH SCORE

100%

Spaghetti and Meatballs



Very Healthy

READY IN



165 min.

SERVINGS



6

CALORIES



1576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh french country-style crustless
- ☐ 2 large eggs
- ☐ 2 large garlic clove pressed
- ☐ 8 ounces ground beef 15% (fat)
- ☐ 8 ounces ground pork
- ☐ 2 medium onion peeled halved
- ☐ 1 cup parmesan grated finely (not)

- ☐ 6 servings parmesan cheese freshly grated (for serving)
- ☐ 0.3 cup flat parsley italian finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 pound pasta like spaghetti
- ☐ 56 canned tomatoes whole peeled drained finely chopped canned
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 0.3 cup milk whole

Equipment

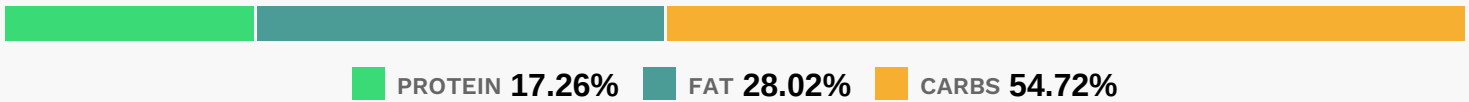
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Combine tomatoes with juice, butter, onions, and salt in large wide pot. Bring to simmer over medium heat. Reduce heat; simmer uncovered 45 minutes, stirring occasionally. Discard onions. Using immersion blender, process sauce briefly to break up any large pieces of tomato (texture should be even but not completely smooth). Season sauce with more salt and freshly ground black pepper.
- ☐ Remove from heat.
- ☐ Combine breadcrumbs and milk in small bowl; stir until breadcrumbs are evenly moistened.
- ☐ Let stand 10 minutes.
- ☐ Place beef and pork in large bowl and break up into small chunks.
- ☐ Add 1 cup ground Parmesan, parsley, salt, and pepper.
- ☐ Whisk eggs to blend in small bowl; whisk in garlic.
- ☐ Add to meat mixture.
- ☐ Using hands, squeeze milk from breadcrumbs, reserving milk.

- ☐ Add breadcrumbs to meat mixture. Using hands, quickly and gently mix meat mixture just until all ingredients are evenly combined (do not overmix). Chill mixture at least 15 minutes and up to 1 hour.
- ☐ Moisten hands with some of reserved milk from breadcrumbs, then roll meat mixture between palms into golf-ball-size balls, occasionally moistening hands with milk as needed and arranging meatballs in single layer in sauce in pot. Bring to simmer.
- ☐ Reduce heat to medium-low, cover, and simmer until meatballs are cooked through, 15 to 20 minutes. DO AHEAD: Can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm before continuing.
- ☐ Cook spaghetti in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain.
- ☐ Using slotted spoon, transfer meatballs to platter.
- ☐ Add pasta to sauce in pot and toss to coat. Divide pasta among 6 plates. Top each serving with meatballs.
- ☐ Sprinkle meatballs with freshly grated Parmesan cheese and serve.

Nutrition Facts



Properties

Glycemic Index: 38, Glycemic Load: 23.97, Inflammation Score: -10, Nutrition Score: 85.51260865253%

Flavonoids

Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 26.65mg, Quercetin: 26.65mg, Quercetin: 26.65mg, Quercetin: 26.65mg

Nutrients (% of daily need)

Calories: 1575.91kcal (78.8%), Fat: 52.79g (81.21%), Saturated Fat: 24.89g (155.56%), Carbohydrates: 231.89g (77.3%), Net Carbohydrates: 189.52g (68.92%), Sugar: 96.9g (107.67%), Cholesterol: 195.78mg (65.26%), Sodium: 6882.27mg (299.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.17g (146.34%), Vitamin C: 364.47mg (441.78%), Vitamin B6: 4.79mg (239.51%), Iron: 41.01mg (227.81%), Potassium: 7821.69mg (223.48%), Manganese:

3.94mg (196.79%), Vitamin E: 27.18mg (181.21%), Calcium: 1758.6mg (175.86%), Fiber: 42.36g (169.46%), Vitamin B3: 33.23mg (166.13%), Vitamin K: 170.36µg (162.25%), Vitamin B2: 2.65mg (155.71%), Vitamin B1: 2.31mg (154.19%), Copper: 3.01mg (150.37%), Phosphorus: 1398.62mg (139.86%), Selenium: 91.27µg (130.38%), Magnesium: 510.95mg (127.74%), Vitamin A: 5747.2IU (114.94%), Folate: 367.73µg (91.93%), Zinc: 11.27mg (75.1%), Vitamin B5: 5.96mg (59.59%), Vitamin B12: 2µg (33.25%), Vitamin D: 1.04µg (6.92%)