



Spaghetti and Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounce crusty baguette gluten-free
- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 1 large eggs
- 0.5 cup parsley fresh
- 1 garlic clove
- 1 pound ground round
- 8 ounce ground sausage sweet italian
- 0.3 cup beef broth fat-free

- 0.5 small onion cut into 3 wedges
- 1 ounce parmesan fresh grated
- 51 ounce pasta sauce gluten-free italian
- 12 ounces pasta like spaghetti gluten-free uncooked

Equipment

- food processor
- bowl
- sauce pan
- oven
- aluminum foil
- broiler
- broiler pan

Directions

- Preheat oven to 400
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- Transfer to a bowl; set aside.
- Place garlic, onion, and parsley in processor; pulse 20 seconds or until chopped.
- Add breadcrumbs, ground round, and next 6 ingredients. Pulse 1 minute or until mixture is combined, stopping frequently to scrape down sides.
- Line a broiler pan with foil. Shape meat mixture into 48 (1 1/2-inch) balls.
- Place meatballs on broiler rack coated with cooking spray.
- Bake at 400 for 12 minutes or until meatballs are no longer pink in center.
- While meatballs cook, cook pasta according to package directions, omitting salt and fat.
- Bring pasta sauce to a simmer in a large saucepan.
- Add meatballs, and simmer 10 minutes or until sauce reaches desired consistency.
- Serve over spaghetti.
- Garnish with chopped parsley, and serve with additional Parmesan cheese, if desired.

Nutrition Facts

PROTEIN 23.54% FAT 35.56% CARBS 40.9%

Properties

Glycemic Index:41.84, Glycemic Load:17.88, Inflammation Score:-8, Nutrition Score:24.733043634373%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 440.23kcal (22.01%), Fat: 17.44g (26.83%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 40.69g (14.8%), Sugar: 8.1g (9%), Cholesterol: 84.06mg (28.02%), Sodium: 1219.49mg (53.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.96%), Selenium: 48.13µg (68.76%), Vitamin K: 67.59µg (64.37%), Manganese: 0.67mg (33.37%), Vitamin B3: 6.63mg (33.16%), Phosphorus: 320.17mg (32.02%), Zinc: 4.5mg (29.98%), Vitamin B6: 0.57mg (28.3%), Potassium: 950.34mg (27.15%), Vitamin B12: 1.61µg (26.82%), Iron: 4.49mg (24.92%), Vitamin A: 1179.22IU (23.58%), Vitamin C: 18.65mg (22.6%), Copper: 0.42mg (20.85%), Vitamin B1: 0.31mg (20.51%), Vitamin B2: 0.34mg (20.15%), Vitamin E: 2.97mg (19.83%), Magnesium: 71.36mg (17.84%), Fiber: 4.44g (17.77%), Vitamin B5: 1.38mg (13.81%), Folate: 45.04µg (11.26%), Calcium: 104.8mg (10.48%), Vitamin D: 0.2µg (1.33%)