



## Spaghetti and Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 56 ounce canned tomatoes whole peeled undrained chopped canned
- ☐ 1 pound spaghetti hot cooked
- ☐ 1 large eggs
- ☐ 2 tablespoons egg substitute
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic clove minced

- ☐ 3 garlic clove minced
- ☐ 1 pound ground sirloin
- ☐ 8 ounce ground sausage sweet italian
- ☐ 14 ounce beef broth canned
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 ounce sandwich bread white

## Equipment

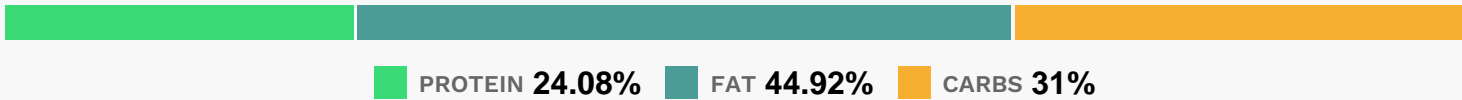
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

## Directions

- ☐ To prepare sauce, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 cup onion; saut for 3 minutes.
- ☐ Add 3 garlic cloves, and saut 1 minute.
- ☐ Add tomato paste; cook 1 minute. Stir in 1/4 teaspoon salt and broth. Cook 4 minutes. Stir in the tomatoes. Reduce heat, and simmer 45 minutes, stirring occasionally.
- ☐ Preheat broiler.
- ☐ To prepare meatballs, place bread in a food processor, and process until fine crumbs measure 1/2 cup.
- ☐ Combine the breadcrumbs, sausage, 1/2 cup onion, and next 8 ingredients (through sirloin) in a bowl. With wet hands, shape sirloin mixture into 32 meatballs.

- ☐ Place meatballs on a broiler pan. Broil 15 minutes or until done.
- ☐ Add meatballs to sauce; simmer 15 minutes.
- ☐ Sprinkle with 1/2 cup parsley and 1/3 cup basil.
- ☐ Serve over spaghetti.
- ☐ Sprinkle with cheese; garnish with parsley sprigs, if desired.
- ☐ Wine note: Spaghetti and Meatballs is terrific with red or white wine as long as the wine has good acidity to mirror that of the tomatoes and act as a counterpoint to the meatballs. Because our recipe has fresh herbs, I prefer white wine with the dish--in particular, an herbal dry white from southern Italy such as Feudi di San Gregorio Greco di Tufo 2004 (\$22). -Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:62.91, Glycemic Load:10.48, Inflammation Score:-8, Nutrition Score:25.182608816935%

## Flavonoids

Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

## Nutrients (% of daily need)

Calories: 415.26kcal (20.76%), Fat: 20.84g (32.06%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 28.32g (10.3%), Sugar: 7.22g (8.02%), Cholesterol: 88.17mg (29.39%), Sodium: 876.24mg (38.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin K: 103.86µg (98.91%), Selenium: 37.79µg (53.98%), Vitamin C: 30.38mg (36.83%), Vitamin B6: 0.63mg (31.49%), Phosphorus: 295.16mg (29.52%), Iron: 5.14mg (28.57%), Vitamin B3: 5.65mg (28.25%), Zinc: 4.13mg (27.52%), Vitamin B12: 1.64µg (27.38%), Potassium: 891.72mg (25.48%), Manganese: 0.5mg (25.03%), Vitamin B1: 0.34mg (22.58%), Vitamin B2: 0.35mg (20.77%), Calcium: 198.77mg (19.88%), Vitamin A: 919.37IU (18.39%), Fiber: 4.03g (16.13%), Copper: 0.31mg (15.61%), Magnesium: 60.45mg (15.11%), Vitamin E: 1.98mg (13.18%), Folate: 49.01µg (12.25%), Vitamin B5: 1.05mg (10.47%), Vitamin D: 0.28µg (1.87%)