



Spaghetti and Meatballs

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



1085 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 onion sweet yellow chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 cup carrots very finely chopped
- ☐ 1 cup cremini brown mushrooms chopped
- ☐ 56 ounce plum tomatoes italian canned (San Marzano, if possible)
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.3 cup basil fresh chopped

- ☐ 3 tablespoons tomato paste
- ☐ 0.3 cup parmesan-romano cheese blend grated
- ☐ 1 teaspoon salt to taste
- ☐ 0.3 cup red wine
- ☐ 1 pound ground beef 16% (at least fat)
- ☐ 0.5 pound pork sausage fresh italian bulk style
- ☐ 2 tablespoons basil finely chopped
- ☐ 2 tablespoons parsley italian finely chopped
- ☐ 0.5 cup cremini brown mushrooms finely chopped
- ☐ 2 large eggs
- ☐ 0.8 cup unseasoned breadcrumbs
- ☐ 2 teaspoons sea salt
- ☐ 2 teaspoons ground pepper fresh black
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 6 servings red wine
- ☐ 1.5 pounds semolina spaghetti dry 100% thin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ potato masher
- ☐ kitchen timer
- ☐ melon baller

Directions

- ☐ Heat olive oil in 4 to 5 quart pot on medium-high heat.
- ☐ Add onions and cook for 2 minutes.
- ☐ Add garlic and cook for 30 seconds longer or until fragrant.

- ☐ Add the carrots and mushrooms, and cook for 2 minutes.
- ☐ Add the tomato paste concentrate, stir to blend, and cook for a minute longer.
- ☐ Add the canned tomatoes, basil, and parsley. Mash and stir the tomatoes with a potato masher until the sauce starts to thicken, about 5 minutes over medium high heat.
- ☐ Reduce heat to low and simmer gently while preparing meatballs, stirring occasionally.
- ☐ Form the meatballs: In a large bowl, mix by hand the beef, Italian sausage, basil, parsley, mushrooms, eggs, breadcrumbs, cheese, salt, and pepper. Do not over-mix or the meatballs will be tough.
- ☐ Use small melon baller (or teaspoon) to form 1-inch round meatballs.
- ☐ Roll and compress into tight balls.
- ☐ Brown the meatballs: In a separate wide, shallow pan, heat the olive oil on medium high heat. Brown meat balls on all sides, about 2 to 3 minutes.
- ☐ Depending on pan size you may need to brown two batches of the meatballs. Cook them in a single layer; do not crowd the pan by stacking them.
- ☐ Do not overcook the meatballs; they will continue to cook in the sauce. You just want to brown them on all sides. Towards the end of browning the meatballs, add a little bit of red wine to deglaze the pan.
- ☐ Add the red wine to the sauce and stir in the cheese.
- ☐ Add salt to taste.
- ☐ Add meatballs and gently stir. Simmer the sauce and meatballs for 30 to 45 minutes, stirring occasionally.
- ☐ Cook the spaghetti: While the sauce is simmering, bring a large pot with 4 quarts of salted water in it to a boil (1 tablespoon of salt for every 2 quarts of water). When the water returns to a boil add the pasta to the pot.
- ☐ Leave the pot uncovered while you cook the pasta on high heat with a vigorous boil. Put a timer on for 8 to 10 minutes, or according to package directions for al dente pasta (cooked but still a little firm).
- ☐ Drain.
- ☐ Serve: To serve, place thin layer of sauce on plate, add pasta, add sauce and meatballs, and then sprinkle with grated Parmesan-Romano cheese.

Nutrition Facts



Properties

Glycemic Index:89.14, Glycemic Load:47.05, Inflammation Score:-10, Nutrition Score:53.099565423053%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.16mg, Delphinidin: 3.16mg, Delphinidin: 3.16mg, Delphinidin: 3.16mg Malvidin: 21.73mg, Malvidin: 21.73mg, Malvidin: 21.73mg, Malvidin: 21.73mg Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg Catechin: 11.21mg, Catechin: 11.21mg, Catechin: 11.21mg, Catechin: 11.21mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.95mg, Epicatechin: 5.95mg, Epicatechin: 5.95mg, Epicatechin: 5.95mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 4.58mg, Naringenin: 4.58mg, Naringenin: 4.58mg, Naringenin: 4.58mg Apigenin: 8.47mg, Apigenin: 8.47mg, Apigenin: 8.47mg, Apigenin: 8.47mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 1085.17kcal (54.26%), Fat: 37.49g (57.68%), Saturated Fat: 11.77g (73.54%), Carbohydrates: 114.59g (38.2%), Net Carbohydrates: 104.75g (38.09%), Sugar: 12.6g (14%), Cholesterol: 147.22mg (49.07%), Sodium: 1730.87mg (75.26%), Alcohol: 16.64g (100%), Alcohol %: 2.72% (100%), Protein: 42.27g (84.55%), Selenium: 127.68µg (182.39%), Vitamin A: 6443.7IU (128.87%), Vitamin K: 103µg (98.1%), Vitamin B1: 1.36mg (90.37%), Manganese: 1.59mg (79.47%), Vitamin B3: 15.86mg (79.3%), Folate: 299.99µg (75%), Vitamin B2: 1.18mg (69.21%), Vitamin C: 46.72mg (56.62%), Iron: 10.12mg (56.22%), Phosphorus: 560.91mg (56.09%), Potassium: 1692.49mg (48.36%), Vitamin B6: 0.95mg (47.75%), Zinc: 6.78mg (45.18%), Fiber: 9.84g (39.36%), Vitamin B12: 2.2µg (36.66%), Magnesium: 143.45mg (35.86%), Copper: 0.68mg (33.85%), Vitamin E: 3.85mg (25.67%), Vitamin B5: 2.32mg (23.25%), Calcium: 187.05mg (18.71%), Vitamin D: 0.94µg (6.26%)