



Spaghetti and Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups pasta like spaghetti hot cooked uncooked (6 ounces pasta)
- ☐ 0.5 teaspoon basil dried
- ☐ 2 large egg whites
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound pd of ground turkey
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 3 cups tomato sauce

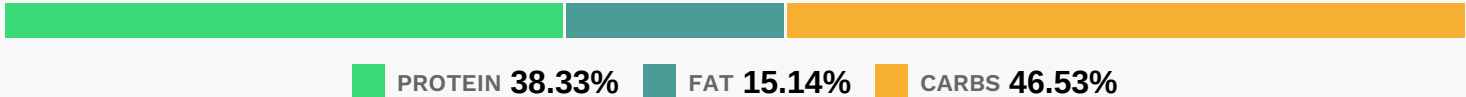
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a bowl; shape mixture into 16 (1 1/2-inch) meatballs.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add meatballs; cook 5 minutes, browning on all sides.
- ☐ Add Tomato Sauce, and bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Serve over spaghetti.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:18.05, Inflammation Score:-8, Nutrition Score:29.43478280565%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 422.15kcal (21.11%), Fat: 7.18g (11.05%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 44.35g (16.13%), Sugar: 7.91g (8.79%), Cholesterol: 67.29mg (22.43%), Sodium: 1206.6mg (52.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.91g (81.82%), Selenium: 61.26µg (87.51%), Vitamin K: 74.11µg (70.58%), Vitamin B3: 13.96mg (69.79%), Vitamin B6: 1.23mg (61.64%), Phosphorus: 439.81mg (43.98%), Manganese: 0.66mg (33.07%), Potassium: 1007.05mg (28.77%), Iron: 4.89mg (27.19%), Vitamin A: 1215.47IU (24.31%), Vitamin B2: 0.4mg (23.66%), Magnesium: 91.65mg (22.91%), Zinc: 3.33mg (22.18%), Vitamin C: 18.12mg (21.96%), Fiber: 5.31g (21.23%), Copper: 0.42mg (21.04%), Vitamin E: 3.02mg (20.1%), Vitamin B5: 1.83mg (18.25%), Vitamin B1: 0.24mg (15.88%), Calcium: 147.73mg (14.77%), Folate: 52.1µg (13.03%), Vitamin B12: 0.71µg (11.89%), Vitamin D: 0.49µg (3.26%)