



Spaghetti and Meatballs All'Amatriciana

READY IN



45 min.

SERVINGS



8

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces bacon thin (6 slices)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups wine dry white
- ☐ 2 large eggs
- ☐ 1.5 tablespoons marjoram fresh minced
- ☐ 2 large garlic clove peeled
- ☐ 2 pounds ground beef 15% (fat)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.5 cup onion grated
- ☐ 3 cups onion finely chopped
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 8 servings parmesan cheese freshly grated
- ☐ 1.5 teaspoons pepper dried red crushed
- ☐ 0.7 cup roasted peppers red drained chopped
- ☐ 1.5 pounds pasta like spaghetti
- ☐ 56 ounce tomatoes diced canned (preferably San Marzano)

Equipment

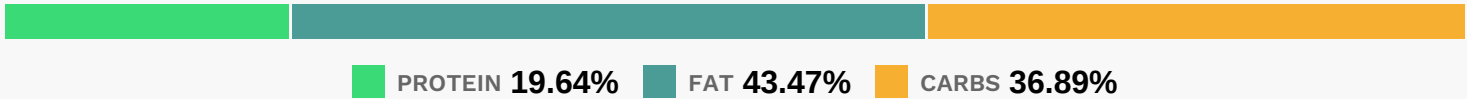
- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ spatula
- ☐ garlic press

Directions

- ☐ Place bacon in processor. Using on/off turns, grind to coarse paste.
- ☐ Transfer to large bowl. Using garlic press, squeeze in garlic. Gently mix in beef and all remaining ingredients.
- ☐ Let stand 15 minutes.
- ☐ Line large rimmed baking sheet with plastic wrap. Using moistened hands and scant 2 tablespoonfuls for each, roll meat mixture into 1 1/2-inch meatballs. Arrange meatballs on sheet.
DO AHEAD: Can be made 1 day ahead. Cover with plastic wrap; chill.
- ☐ Puree tomatoes with juice and garlic in batches in blender until smooth.
- ☐ Cook bacon in large pot over medium heat until crisp; transfer bacon to plate.
- ☐ Add 1 tablespoon oil to drippings in pot and heat over medium heat.

- ☐ Add half of meatballs. Cook until brown on all sides, turning carefully with small metal spatula, about 9 minutes.
- ☐ Transfer meatballs to baking sheet.
- ☐ Add more oil to pot if needed and repeat with remaining meatballs.
- ☐ Increase heat to medium-high.
- ☐ Add onions and crushed red pepper to pot.
- ☐ Sauté until golden, about 6 minutes.
- ☐ Add wine; boil until reduced by half, stirring up browned bits, about 8 minutes.
- ☐ Add tomato puree and marjoram. Boil until sauce thickens slightly, stirring occasionally, about 8 minutes. Season with salt and pepper.
- ☐ Mix bacon into sauce.
- ☐ Add meatballs; bring to simmer. Reduce heat to low; cover and simmer until meatballs are heated through and tender, 10 to 15 minutes. Season sauce with salt and pepper.
- ☐ Meanwhile, cook spaghetti in pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain; transfer to large bowl. Toss with 2 tablespoons oil and marjoram, adding more oil to moisten, if desired. Divide spaghetti among bowls. Top with meatballs and sauce.
- ☐ Sprinkle with cheese and serve, passing additional cheese separately.
- ☐ * Available in the Asian foods section of some supermarkets and at Asian markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:27.3, Inflammation Score:-8, Nutrition Score:35.09304366941%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.84mg, Apigenin:

0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg

Nutrients (% of daily need)

Calories: 1002.75kcal (50.14%), Fat: 46.18g (71.05%), Saturated Fat: 17.43g (108.94%), Carbohydrates: 88.22g (29.41%), Net Carbohydrates: 81.76g (29.73%), Sugar: 10.95g (12.17%), Cholesterol: 167.15mg (55.72%), Sodium: 1402.41mg (60.97%), Alcohol: 6.18g (100%), Alcohol %: 1.28% (100%), Protein: 46.94g (93.88%), Selenium: 91.46µg (130.66%), Phosphorus: 667.55mg (66.76%), Manganese: 1.24mg (61.82%), Zinc: 8.24mg (54.96%), Vitamin B12: 3.07µg (51.11%), Vitamin B6: 0.97mg (48.4%), Vitamin B3: 9.14mg (45.68%), Calcium: 412.28mg (41.23%), Vitamin C: 29.8mg (36.12%), Iron: 6.45mg (35.83%), Potassium: 1169.22mg (33.41%), Vitamin B2: 0.56mg (33.08%), Magnesium: 118.32mg (29.58%), Copper: 0.55mg (27.39%), Fiber: 6.45g (25.81%), Vitamin B1: 0.38mg (25.05%), Vitamin E: 2.95mg (19.69%), Vitamin B5: 1.73mg (17.33%), Vitamin K: 18.15µg (17.29%), Folate: 68.63µg (17.16%), Vitamin A: 772.65IU (15.45%), Vitamin D: 0.6µg (3.99%)