



Spaghetti and Meatballs with a Surprise

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 cups pasta like spaghetti hot cooked uncooked 12 ounces pasta
- ☐ 1 garlic clove minced
- ☐ 1.5 pounds ground round
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup onion grated
- ☐ 3 ounces part-skim mozzarella cheese cut into 16 cubes
- ☐ 26 ounce pasta sauce fat-free
- ☐ 0.5 teaspoon salt

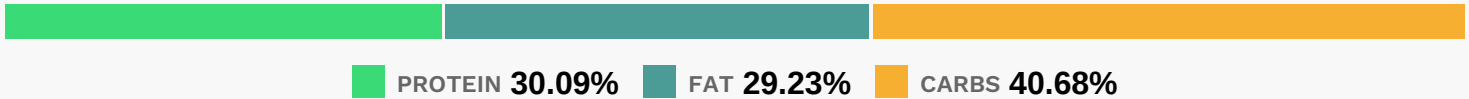
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 5 ingredients in a bowl; shape into 16 (1-inch) meatballs. Working with 1 meatball at a time, flatten meatball, and place 1 cheese cube in center of meatball. Gather meatball around cheese cube, sealing well.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add meatballs; cook 6 minutes, browning on all sides.
- ☐ Drain well. Wipe pan with a paper towel.
- ☐ Return meatballs to pan.
- ☐ Add pasta sauce; bring to a simmer over medium heat. Cover and cook 10 minutes.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:15.29, Inflammation Score:-5, Nutrition Score:16.984347706256%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 354.1kcal (17.7%), Fat: 11.39g (17.52%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 32.34g (11.76%), Sugar: 4.17g (4.63%), Cholesterol: 62.09mg (20.7%), Sodium: 705.29mg (30.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Selenium: 41.7µg (59.57%), Zinc: 5.08mg (33.87%), Vitamin B12: 1.97µg (32.78%), Phosphorus: 288.81mg (28.88%), Vitamin B3: 5.64mg (28.21%), Vitamin B6:

0.47mg (23.6%), Iron: 4.16mg (23.08%), Manganese: 0.44mg (22.18%), Potassium: 609.91mg (17.43%), Vitamin B2: 0.25mg (14.54%), Copper: 0.27mg (13.54%), Fiber: 3.31g (13.25%), Magnesium: 51.87mg (12.97%), Calcium: 118.89mg (11.89%), Vitamin E: 1.72mg (11.46%), Vitamin B5: 0.92mg (9.18%), Vitamin A: 454.47IU (9.09%), Vitamin C: 6.94mg (8.41%), Folate: 22.64µg (5.66%), Vitamin B1: 0.08mg (5.5%), Vitamin K: 5.01µg (4.77%)