

Spaghetti and Meatballs with Miso Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 56 ounce tomatoes diced undrained canned
- ☐ 7 cups pasta like spaghetti hot cooked uncooked (1 pound pasta)
- ☐ 1 large egg white
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2 garlic cloves minced
- ☐ 0.5 pound ground round
- ☐ 0.5 cup italian-seasoned breadcrumbs dry
- ☐ 3 tablespoons milk 1% low-fat
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 cups onion finely chopped
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 2 tablespoons miso red
- ☐ 8 servings try build-a-meal
- ☐ 0.5 teaspoon salt
- ☐ 1 cup soy crumbles frozen thawed (such as Morningstar Farms)
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons water

Equipment

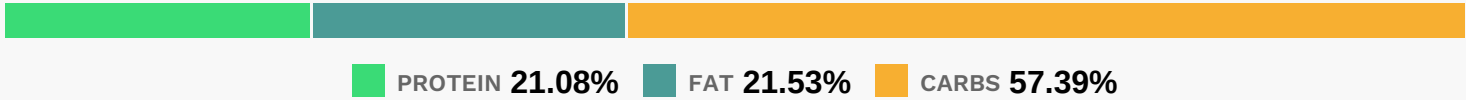
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375.To prepare meatballs, combine first 10 ingredients; shape mixture into 24 (3/4-inch) meatballs. Arrange meatballs 2 inches apart on a jelly roll pan.
- ☐ Bake at 375 for 12 minutes, turning after 6 minutes. Set aside.To prepare sauce, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 cups onion; saut 2 minutes.
- ☐ Add 2 garlic cloves; saut 1 minute.
- ☐ Add tomato paste, oregano, diced tomatoes, and bay leaves; bring to a boil. Reduce heat, and simmer 15 minutes or until slightly thick.

- ☐
- Combine miso and water; stir with a whisk.
- ☐
- Add miso mixture and 1/4 teaspoon pepper to sauce. Discard bay leaves.
- ☐
- Serve sauce over spaghetti and meatballs.
- ☐
- Sprinkle with cheese; garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:19.35, Inflammation Score:-7, Nutrition Score:23.382173675558%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 412.86kcal (20.64%), Fat: 9.99g (15.36%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 53.27g (19.37%), Sugar: 9.31g (10.35%), Cholesterol: 23.6mg (7.87%), Sodium: 941.98mg (40.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22g (44%), Selenium: 43.24µg (61.78%), Vitamin K: 44.46µg (42.34%), Manganese: 0.84mg (42.1%), Iron: 5.76mg (32.01%), Vitamin C: 26.27mg (31.84%), Vitamin B6: 0.58mg (29.22%), Phosphorus: 284.88mg (28.49%), Vitamin B3: 5.45mg (27.24%), Vitamin B12: 1.63µg (27.18%), Fiber: 6.63g (26.5%), Vitamin B1: 0.36mg (24.3%), Potassium: 750.87mg (21.45%), Zinc: 3.02mg (20.14%), Calcium: 199.04mg (19.9%), Copper: 0.38mg (19%), Vitamin B2: 0.32mg (18.68%), Magnesium: 70.66mg (17.66%), Vitamin E: 2.32mg (15.46%), Folate: 48.33µg (12.08%), Vitamin A: 602.61IU (12.05%), Vitamin B5: 0.75mg (7.53%)