



 **60%**
HEALTH SCORE

Spaghetti and Parmesan Chicken Meatballs

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil divided loosely packed roughly chopped
- 42 ounce canned tomatoes crushed canned
- 1 large eggs
- 0.3 cup parsley fresh minced
- 4 teaspoons garlic clove divided grated
- 2 teaspoons gelatin powder (see note above)
- 1 pound ground chicken
- 4 servings pepper black freshly ground

- 2 tablespoon chicken broth low sodium homemade store-bought (or water)
- 5 tablespoons milk
- 4 tablespoons olive oil divided
- 1 cup onion minced
- 1.5 ounces parmesan grated for garnish
- 0.5 teaspoon pepper red divided
- 1 pound pasta like spaghetti
- 3 ounces sandwich bread white grated (see note above)

Equipment

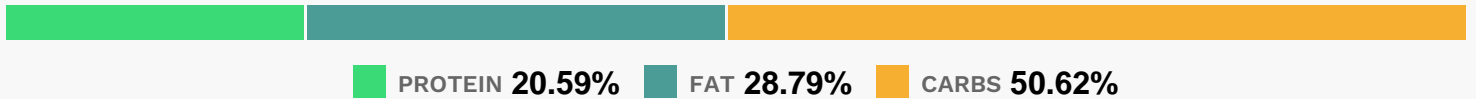
- bowl
- sauce pan
- pot
- microwave
- ice cream scoop

Directions

- Pour chicken broth into a small bowl and sprinkle gelatin over the top.
- Let sit at least 5 minutes to soften.
- Place bread in a large bowl and moisten with milk. Stir in cheese, egg, parsley, half of the basil, 1 teaspoon salt, 1 tablespoon oil, 1 clove garlic, and 1/4 teaspoon red pepper flakes until combined.
- Heat gelatin mixture in microwave or in a small saucepan until melted and stir into bread mixture.
- Add chicken and gently mix with hands until just combined. Chill 10 minutes and then, using wet hands or a 1/4-cup ice cream scoop, form into 12 balls.
- Heat remaining 3 tablespoons oil in large saucepan over medium heat until shimmering.
- Add onion and 1 teaspoon salt, and cook, stirring occasionally, until softened, about 8 minutes.
- Add garlic cook until fragrant, about 30 seconds.

- Add remaining 1/4 teaspoon red pepper flakes, 1/4 teaspoon ground black pepper, and tomatoes (with juice). Bring to simmer and cook 10 minutes to let flavors meld. Season to taste.
- Carefully nestle meatballs into the sauce and cover. Simmer until meatballs are just cooked through (160°F), about 10 minutes.
- Sprinkle in remaining chopped basil. Keep warm.
- Heat 3 quarts of salted water in stock pot over high heat.
- Add pasta. Cook, stirring occasionally, until pasta is al dente (usually about 1 minute less than recommended cooking time on box). Reserve 1 cup pasta water and drain pasta. Return pasta to pot and toss with 1 cup sauce, adding pasta water if necessary to loosen.
- Serve, topping with meatballs, more sauce, and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:102.69, Glycemic Load:49.21, Inflammation Score:-9, Nutrition Score:47.247391431228%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 962.14kcal (48.11%), Fat: 31.24g (48.06%), Saturated Fat: 7.68g (48.02%), Carbohydrates: 123.59g (41.2%), Net Carbohydrates: 112.74g (41%), Sugar: 20.1g (22.33%), Cholesterol: 153.5mg (51.17%), Sodium: 779.39mg (33.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.28g (100.56%), Selenium: 98.03µg (140.05%), Vitamin K: 112.58µg (107.22%), Manganese: 1.93mg (96.54%), Phosphorus: 678.58mg (67.86%), Vitamin B6: 1.35mg (67.72%), Vitamin B3: 13.26mg (66.31%), Potassium: 1919.04mg (54.83%), Copper: 1.09mg (54.46%), Vitamin C: 37.35mg (45.27%), Iron: 8.02mg (44.56%), Vitamin E: 6.56mg (43.74%), Fiber: 10.85g (43.39%), Magnesium: 169.14mg (42.29%), Vitamin B2: 0.7mg (41.01%), Vitamin B1: 0.61mg (40.48%), Calcium: 365.86mg (36.59%), Zinc: 5mg (33.34%), Vitamin B5: 3.08mg (30.79%), Vitamin A: 1529.25IU (30.58%), Folate: 108.62µg (27.15%), Vitamin B12: 0.98µg (16.38%), Vitamin D: 0.51µg (3.4%)