



Spaghetti Meatballs and Tomato-Basil Sauce

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch basil
- ☐ 1 cup beef stock
- ☐ 4 servings pepper black freshly ground
- ☐ 2 handfuls a couple bread crumbs
- ☐ 28 ounce canned tomatoes canned (recommended: San Marzano)
- ☐ 1 small carrots grated finely chopped
- ☐ 1 large eggs
- ☐ 2 cloves garlic grated finely chopped

- ☐ 2 pounds ground sirloin
- ☐ 0.3 cup olive oil extra-virgin for liberal drizzling
- ☐ 1 small onion finely chopped
- ☐ 0.7 cup parmigiano-reggiano grated
- ☐ 1 large bunch parsley
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 4 servings salt
- ☐ 0.5 pound pasta like spaghetti

Equipment

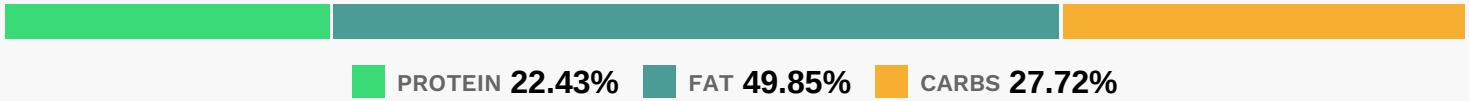
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ ramekin
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oven to 425 degrees F.
- ☐ Bring a medium sauce pot of water to a boil over high heat, salt water and cook pasta to al dente 7 minutes or so, drain and quick-cool on a baking sheet.
- ☐ While pasta cooks, toast pine nuts. Make a thick herb pesto by placing the herbs, cheese, garlic and nuts in food processor with salt and pepper. Turn processor on and stream in about 1/3 cup olive oil – make the pesto very thick.
- ☐ Place meat in a bowl. Season the meat with salt and pepper.
- ☐ Add cooked pasta, egg, bread crumbs and half the pesto to the meat.

- ☐ Mix to combine and form into 16 balls, and place on a parchment paper lined baking sheet.
- ☐ Let the spaghetti pop out of meatballs like porcupine quills. Coat balls with a little olive oil and roast 12 to 15 minutes until firm and golden in color.
- ☐ Remove from the oven and place on a serving platter.
- ☐ While meat roasts heat a healthy drizzle olive oil in a sauce pot over medium-high heat.
- ☐ Add onions and carrots, season with salt and pepper, and saute for 5 minutes. Stir in the stock, add tomatoes and crush with the back of a wooden spoon. Cook for 5 minutes more, then stir in remaining pesto and transfer to a serving bowl or 4 individual ramekins for dipping.

Nutrition Facts



Properties

Glycemic Index:86.21, Glycemic Load:22.29, Inflammation Score:-10, Nutrition Score:57.369131108989%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 1195.23kcal (59.76%), Fat: 66.36g (102.1%), Saturated Fat: 19.94g (124.65%), Carbohydrates: 83.04g (27.68%), Net Carbohydrates: 74.72g (27.17%), Sugar: 14.2g (15.78%), Cholesterol: 212.05mg (70.68%), Sodium: 1228.21mg (53.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.19g (134.37%), Vitamin K: 274.98µg (261.88%), Selenium: 88.37µg (126.24%), Manganese: 2.03mg (101.4%), Zinc: 13.4mg (89.34%), Vitamin B12: 5.33µg (88.79%), Vitamin B3: 17.03mg (85.16%), Phosphorus: 831.86mg (83.19%), Vitamin A: 4021.98IU (80.44%), Vitamin B6: 1.35mg (67.3%), Iron: 11.5mg (63.91%), Potassium: 1781.77mg (50.91%), Vitamin C: 40.14mg (48.65%), Vitamin E: 7.17mg (47.79%), Copper: 0.95mg (47.54%), Vitamin B2: 0.81mg (47.43%), Vitamin B1: 0.65mg (43.37%), Magnesium: 168.59mg (42.15%), Calcium: 408.1mg (40.81%), Fiber: 8.32g (33.27%), Folate: 118.39µg (29.6%), Vitamin B5: 2.61mg (26.11%), Vitamin D: 0.56µg (3.73%)