



 **78%**
HEALTH SCORE

Spaghetti Squash and Meatballs

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



1137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large sprigs basil
- 1 cup breadcrumbs italian-style
- 1 medium carrots roughly chopped
- 2 stalks celery chopped
- 2 large eggs
- 1 cup parsley leaves fresh
- 6 cloves garlic
- 1 pound ground beef

- 1 pound ground pork
- 4 servings kosher salt
- 3 tablespoons olive oil extra-virgin plus more for brushing
- 1 medium onion roughly chopped
- 1 teaspoon oregano dried
- 1 cup parmesan cheese grated
- 2 pounds spaghetti squash
- 56 ounce tomato purée canned

Equipment

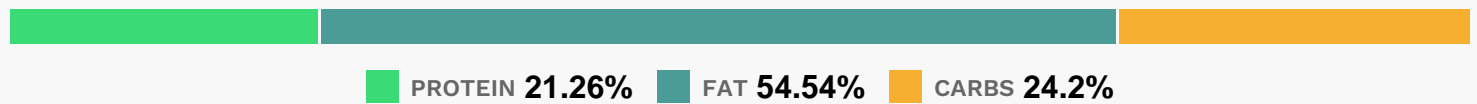
- food processor
- bowl
- baking sheet
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat the oven to 425 degrees F. Halve the squash lengthwise and scoop out the seeds.
- Sprinkle the cut sides with 1/2 teaspoon salt, then brush both sides with olive oil.
- Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes.
- Brush a baking sheet with olive oil. Pulse the celery, carrot, onion, garlic and parsley in a food processor to make a paste.
- Transfer half of the vegetable paste to a bowl; add the ground beef, ground pork, eggs, breadcrumbs, 1 cup parmesan and 1 teaspoon salt and mix with your hands until just combined. Form into about 24 two-inch meatballs; transfer to the prepared baking sheet.
- Bake until firm but not cooked through, about 10 minutes.

- Heat 3 tablespoons olive oil in a large pot over medium-high heat.
- Add the remaining vegetable paste and cook, stirring occasionally, until it looks dry, about 5 minutes. Stir in the tomato puree; rinse each can with 1 cup water and add to the pot. Stir in the basil, oregano and 1 1/2 teaspoons salt. Bring to a simmer, then add the meatballs and simmer until the sauce thickens and the meatballs are cooked through, 15 to 20 minutes.
- Remove the basil.
- Use a fork to scrape the spaghetti squash flesh into strands; transfer to a large bowl and toss with 2 tablespoons grated parmesan. Season with salt. Divide the squash among bowls and top each with some meatballs, sauce and the remaining 1 tablespoon parmesan.
- This recipe makes extra sauce and meatballs.
- Let cool completely, then freeze in a storage container for up to one month.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:70.21, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:64.77695688994%

Flavonoids

Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg, Apigenin: 32.9mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 1137.26kcal (56.86%), Fat: 70.31g (108.17%), Saturated Fat: 24.46g (152.88%), Carbohydrates: 70.2g (23.4%), Net Carbohydrates: 57g (20.73%), Sugar: 26.04g (28.94%), Cholesterol: 276.91mg (92.3%), Sodium: 1592.33mg (69.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.68g (123.36%), Vitamin K: 292.37µg (278.45%), Vitamin A: 5342.64IU (106.85%), Vitamin B1: 1.56mg (104.25%), Selenium: 71.91µg (102.73%), Vitamin B3: 18.42mg (92.12%), Vitamin B6: 1.8mg (89.91%), Phosphorus: 811.21mg (81.12%), Vitamin C: 65.7mg (79.64%), Manganese: 1.43mg (71.75%), Zinc: 10.75mg (71.66%), Iron: 12.12mg (67.34%), Potassium: 2351.87mg (67.2%), Vitamin B12: 3.88µg (64.58%), Vitamin B2: 1.03mg (60.55%), Calcium: 549.97mg (55%), Copper: 1.07mg (53.43%), Vitamin E: 7.93mg (52.87%), Fiber: 13.2g (52.78%), Magnesium: 179.96mg (44.99%), Folate: 166.45µg (41.61%), Vitamin B5: 3.84mg (38.4%), Vitamin D: 0.74µg (4.92%)