



Spaghetti with Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons bread crumbs dried fine
- 1 teaspoon basil dried
- 0.3 cup cooking wine dry red (see notes)
- 1 large egg white
- 0.3 cup fat-skimmed beef broth
- 1 tablespoon garlic minced
- 1 pound ground beef 7% lean (or less fat)
- 0.8 lb onions finely chopped
- 0.3 cup parmesan cheese shredded

- 2 tablespoons parsley chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.8 pound pasta like spaghetti dried
- 1 teaspoon sugar
- 28 oz tomato purée canned

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- In a covered 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil.
- In a bowl, mix beef, 1/2 cup onions, egg white, bread crumbs, 1/2 tablespoon garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Shape mixture into 12 equal balls (about 1 3/4 in. each).
- Place meatballs in a single layer, without crowding, in an 11- to 12-inch nonstick frying pan over high heat; turn as needed to brown on all sides, about 5 minutes total per batch. As meatballs are browned, transfer to a plate with a slotted spoon.
- Add remaining 1 1/2 cups onions and 1/2 tablespoon garlic to frying pan; stir often until onions begin to brown, about 5 minutes.
- Add tomato pure, wine, broth, basil, and sugar; stir until boiling.
- Add browned meatballs to sauce; when sauce boils, cover, reduce heat, and simmer, stirring occasionally, until meatballs are no longer pink in the center (cut to test), 8 to 10 minutes.
- Meanwhile, add spaghetti to boiling water and cook until barely tender to bite, 7 to 9 minutes; drain well.
- Mound spaghetti in a wide bowl.
- Pour meatballs and sauce over pasta.
- Sprinkle with 1/4 cup cheese and parsley; serve with salt, pepper, and additional cheese to add to taste.

Nutrition Facts

PROTEIN 27.54% FAT 13.64% CARBS 58.82%

Properties

Glycemic Index:74.52, Glycemic Load:32.32, Inflammation Score:-8, Nutrition Score:36.498260993025%

Flavonoids

Petunidin: 0.66mg, Delphinidin: 0.84mg, Malvidin: 5.25mg, Peonidin: 0.37mg, Catechin: 1.54mg, Epicatechin: 2.13mg, Apigenin: 4.32mg, Luteolin: 0.05mg, Isorhamnetin: 4.26mg, Kaempferol: 0.59mg, Myricetin: 0.41mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 652.63kcal (32.63%), Fat: 9.7g (14.92%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 94.11g (31.37%), Net Carbohydrates: 85.6g (31.13%), Sugar: 16.25g (18.06%), Cholesterol: 74.56mg (24.85%), Sodium: 883.76mg (38.42%), Alcohol: 2.1g (100%), Protein: 44.07g (88.13%), Selenium: 80.77µg (115.38%), Manganese: 1.42mg (70.76%), Vitamin B3: 10.88mg (54.41%), Phosphorus: 537.61mg (53.76%), Zinc: 8mg (53.35%), Vitamin B6: 1.01mg (50.66%), Vitamin K: 49.21µg (46.87%), Vitamin B12: 2.69µg (44.78%), Iron: 7.41mg (41.15%), Potassium: 1354.62mg (38.7%), Copper: 0.77mg (38.61%), Fiber: 8.51g (34.04%), Vitamin C: 27.84mg (33.74%), Magnesium: 128.79mg (32.2%), Vitamin B2: 0.46mg (26.97%), Vitamin B1: 0.39mg (26.24%), Calcium: 216.88mg (21.69%), Vitamin E: 2.97mg (19.82%), Folate: 75.81µg (18.95%), Vitamin B5: 1.88mg (18.83%), Vitamin A: 648.38IU (12.97%)