



## Spaghetti with Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound percent ground beef lean
- 2 tablespoons freshly basil leaves chopped
- 28 ounce canned tomatoes diced canned
- 1 eggs
- 1 tablespoon garlic chopped
- 0.3 teaspoon ground pepper black
- 1 tablespoon penzey's southwest seasoning italian
- 0.3 cup milk
- 2 tablespoons olive oil

- 0.5 medium onion diced
- 0.5 medium onion diced
- 2 tablespoons freshly parsley leaves chopped
- 0.5 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 16 ounce pasta like spaghetti
- 2 sticks mozzarella string cheese cut into small cubes
- 2 slice bread white cut into cubes

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot

## Directions

- For Meatballs
- Preheat oven to 400 degrees F.
- In a large bowl combine the milk and bread.
- Let the bread absorb the milk.
- Add remaining meatball ingredients except the cheese. Using your hands, gently combine all the ingredients until they are thoroughly mixed. Take about 3 tablespoons of the meat mixture and roll into a ball and press into a patty.
- Place a mozzarella cube or 1 tablespoon shredded cheese onto the patty and bring up the sides around the cheese and roll between hands to form a ball.
- Place onto a nonstick baking sheet or a baking sheet sprayed with nonstick cooking spray. Repeat process with remaining meat and cheese.
- Place the meatballs into the oven and cook for 12 minutes.
- Remove baking sheet from the oven and set aside.

- In a medium pot heat olive oil over medium heat.
- Add onion, garlic and saute for 3 minutes.
- Add remaining ingredients and simmer for 10 minutes. Gently stir in the meatballs and any pan drippings from baking sheet and simmer for another 5 minutes.
- Cook the spaghetti in a large pot of boiling salted water until al dente, about 8 minutes.
- Drain and place the pasta on a large serving platter.
- Place the meatballs over the spaghetti, pour the sauce on top and serve immediately.

## Nutrition Facts

**PROTEIN 18.08%**

**FAT 33.61%**

**CARBS 48.31%**

### Properties

Glycemic Index:118.69, Glycemic Load:43.59, Inflammation Score:-8, Nutrition Score:37.615651814834%

### Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

### Nutrients (% of daily need)

Calories: 913.06kcal (45.65%), Fat: 34.16g (52.56%), Saturated Fat: 10.9g (68.1%), Carbohydrates: 110.48g (36.83%), Net Carbohydrates: 101.62g (36.95%), Sugar: 14.46g (16.07%), Cholesterol: 123.66mg (41.22%), Sodium: 722.69mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.69%), Selenium: 97.01µg (138.59%), Manganese: 1.67mg (83.38%), Vitamin K: 62.24µg (59.27%), Phosphorus: 525.03mg (52.5%), Vitamin B3: 9.91mg (49.54%), Zinc: 7.34mg (48.94%), Vitamin B6: 0.94mg (46.98%), Vitamin B12: 2.62µg (43.64%), Iron: 7.64mg (42.44%), Copper: 0.82mg (40.92%), Potassium: 1274.63mg (36.42%), Fiber: 8.87g (35.47%), Magnesium: 134.35mg (33.59%), Vitamin E: 4.49mg (29.94%), Vitamin C: 23.78mg (28.83%), Vitamin B2: 0.46mg (27.13%), Vitamin B1: 0.4mg (26.49%), Folate: 85.23µg (21.31%), Calcium: 201.2mg (20.12%), Vitamin B5: 1.97mg (19.73%), Vitamin A: 758.72IU (15.17%), Vitamin D: 0.5µg (3.35%)