



Spaghetti with Meatballs

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 28 ounce canned tomatoes crushed peeled canned
- ☐ 1 pound pasta like spaghetti cooked
- ☐ 1 eggs
- ☐ 6 servings basil fresh for garnish
- ☐ 0.5 teaspoon garlic minced
- ☐ 7 cloves garlic
- ☐ 0.3 pound ground pork

- ☐ 0.3 pound ground veal
- ☐ 0.5 pound ground beef lean
- ☐ 1 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parsley italian chopped
- ☐ 1 cup pecorino cheese freshly grated
- ☐ 6 servings salt and pepper
- ☐ 0.3 pound sausage sweet
- ☐ 1 teaspoon shallots minced
- ☐ 1 cup water

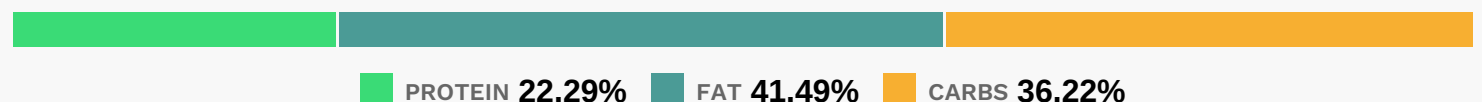
Equipment

- ☐ paper towels
- ☐ pot

Directions

- ☐ To make sauce, saute garlic in olive oil until just brown.
- ☐ Add both cans of tomatoes with liquid and let simmer. Season with salt and pepper. Break casing of sausage to release meat. Form meatballs by mixing sausage meat with ground beef, pork and veal, egg, cheese, parsley, garlic, and shallots.
- ☐ Add in bread crumbs until fully incorporated.
- ☐ Add in water until mixture is moist and holds together. Form into balls.
- ☐ Heat oil in a large pot and fry meatballs in batches, making sure to brown all sides.
- ☐ Remove and drain on paper towel.
- ☐ Place meatballs in sauce and continue to simmer for 20 minutes.
- ☐ Serve sauce and meatballs on top of pasta.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:16.62, Inflammation Score:-8, Nutrition Score:32.665652233621%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 627.17kcal (31.36%), Fat: 29.34g (45.14%), Saturated Fat: 9.39g (58.66%), Carbohydrates: 57.63g (19.21%), Net Carbohydrates: 50.28g (18.29%), Sugar: 13.41g (14.9%), Cholesterol: 110.76mg (36.92%), Sodium: 1060.51mg (46.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.95%), Selenium: 44.05µg (62.93%), Vitamin B3: 10mg (50.02%), Manganese: 1mg (49.93%), Phosphorus: 478.65mg (47.86%), Vitamin B6: 0.89mg (44.48%), Vitamin B1: 0.63mg (41.77%), Iron: 7.19mg (39.96%), Vitamin K: 40.83µg (38.88%), Copper: 0.71mg (35.67%), Zinc: 5.29mg (35.24%), Potassium: 1185.57mg (33.87%), Vitamin E: 5.07mg (33.8%), Calcium: 332.99mg (33.3%), Vitamin C: 27.05mg (32.79%), Vitamin B2: 0.51mg (29.77%), Fiber: 7.34g (29.37%), Vitamin B12: 1.71µg (28.46%), Magnesium: 104.09mg (26.02%), Vitamin B5: 1.88mg (18.76%), Folate: 71.64µg (17.91%), Vitamin A: 855.16IU (17.1%), Vitamin D: 0.51µg (3.42%)