



Spaghetti With Pesto, Sun-Dried Tomatoes, and Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

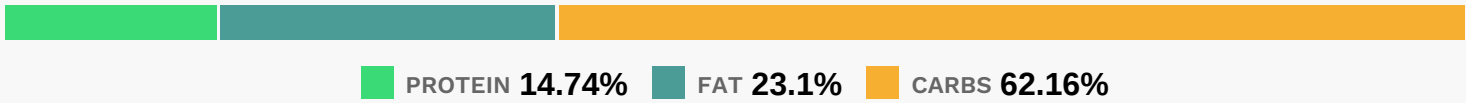
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup olives green sliced
- ☐ 8 large meatballs
- ☐ 0.3 cup pesto store-bought
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup sun-dried tomatoes chopped in oil (the kind that are preserved)

Equipment

Directions

- ☐ Order 8 large meatballs (2 to 2 1/2 inches in diameter; order extra if the restaurant makes them smaller). Cook 1 pound of spaghetti al dente.
- ☐ Drain the spaghetti and toss it with 1/4 to 1/3 cup store-bought pesto.
- ☐ Add 1/4 cup chopped sun-dried tomatoes (the kind that are preserved in oil) and 1/4 cup sliced green olives, if desired. Toss the pasta with 1/4 cup chopped fresh basil or parsley. Divide into 4 portions and top each with 2 meatballs.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:34.95, Inflammation Score:-6, Nutrition Score:18.04478263855%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 584.65kcal (29.23%), Fat: 14.89g (22.9%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 90.11g (30.04%), Net Carbohydrates: 85.09g (30.94%), Sugar: 6.16g (6.84%), Cholesterol: 21.4mg (7.13%), Sodium: 306.45mg (13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Selenium: 79.01µg (112.88%), Manganese: 1.19mg (59.34%), Phosphorus: 288.97mg (28.9%), Vitamin B1: 0.35mg (23.04%), Copper: 0.45mg (22.69%), Magnesium: 80.65mg (20.16%), Fiber: 5.02g (20.1%), Vitamin B3: 3.8mg (18.99%), Potassium: 577.02mg (16.49%), Zinc: 2.37mg (15.78%), Vitamin B6: 0.3mg (14.8%), Iron: 2.52mg (14.02%), Vitamin B2: 0.17mg (9.95%), Vitamin A: 486.81IU (9.74%), Vitamin K: 9.41µg (8.96%), Vitamin B5: 0.82mg (8.24%), Folate: 27.76µg (6.94%), Calcium: 67.29mg (6.73%), Vitamin C: 3.16mg (3.83%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.46mg (3.06%)