



Spaghetti with Sicilian Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



1137 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup breadcrumbs fresh
- ☐ 2 tablespoons currants dried
- ☐ 1 large eggs
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound ground sausage sweet italian
- ☐ 3 tablespoons milk

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 pound pasta like spaghetti
- ☐ 56 ounce tomatoes diced canned

Equipment

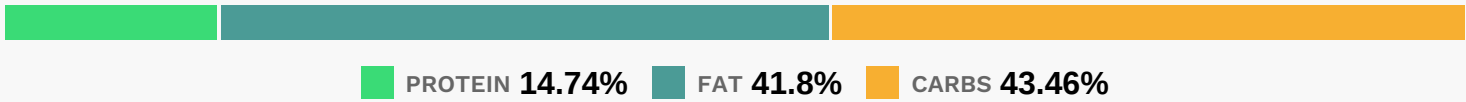
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium–low heat.
- ☐ Add onion; sauté until golden, about 10 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add tomatoes with juices and 2 tablespoons basil; bring to boil. Reduce heat; simmer until sauce thickens, breaking up tomatoes with fork, about 1 hour.
- ☐ Mix in 2 tablespoons basil. Season with salt and pepper. Set sauce aside.
- ☐ Preheat oven to 350°F. Lightly oil baking sheet.
- ☐ Mix crumbs and milk in medium bowl; let stand 5 minutes.
- ☐ Mix in Parmesan, onion, basil, egg, garlic and pepper.
- ☐ Add sausage, pine nuts and currants; blend well. Using wet hands, form mixture into 1 1/4–inch balls.
- ☐ Place on baking sheet.
- ☐ Bake until meatballs are light brown and cooked through, about 30 minutes.
- ☐ Add to sauce.
- ☐ Cook spaghetti in large pot of boiling salted water until just tender but still firm to bite.

Drain. Mound in dish. Bring sauce and meatballs to simmer. Spoon over spaghetti.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:36.25, Inflammation Score:-8, Nutrition Score:41.02043460763%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 1136.64kcal (56.83%), Fat: 53.06g (81.64%), Saturated Fat: 16.5g (103.13%), Carbohydrates: 124.12g (41.37%), Net Carbohydrates: 114.93g (41.79%), Sugar: 19.49g (21.65%), Cholesterol: 141.28mg (47.09%), Sodium: 1707.25mg (74.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.22%), Selenium: 112.16µg (160.23%), Manganese: 2.15mg (107.33%), Vitamin B1: 1.15mg (76.82%), Phosphorus: 612.96mg (61.3%), Vitamin B6: 1.07mg (53.4%), Vitamin B3: 10.04mg (50.22%), Vitamin C: 41.28mg (50.04%), Iron: 8.36mg (46.46%), Copper: 0.86mg (42.85%), Potassium: 1488.58mg (42.53%), Vitamin B2: 0.68mg (39.96%), Magnesium: 151.13mg (37.78%), Fiber: 9.2g (36.78%), Zinc: 5.42mg (36.14%), Calcium: 311.76mg (31.18%), Vitamin E: 4.52mg (30.11%), Vitamin K: 26.69µg (25.42%), Folate: 92.33µg (23.08%), Vitamin B12: 1.38µg (22.99%), Vitamin B5: 1.95mg (19.45%), Vitamin A: 709.31IU (14.19%), Vitamin D: 0.42µg (2.77%)