



Spaghetti with Turkey Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 basil leaves
- 0.3 teaspoon pepper red crushed
- 9 ounce fettuccine barilla refrigerated
- 2 large garlic cloves crushed
- 12 ounce turkey sausage sweet italian
- 2 cups lower-sodium marinara sauce (such as McCutcheon's)
- 1 tablespoon olive oil extra-virgin
- 2 cups onions sliced
- 2 tablespoons pecorino cheese packed grated

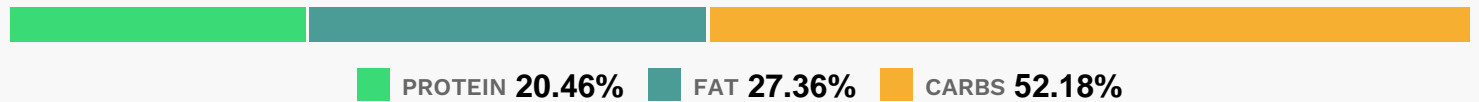
Equipment

- frying pan

Directions

- Cook the pasta according to package directions, omitting salt and fat; drain.
- Remove casing from sausages. Shape sausages into 12 (1-inch) balls.
- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add meatballs to pan; cook 7 minutes, browning on all sides.
- Remove the meatballs from pan.
- Add onions, red pepper, and garlic to pan; saut for 2 minutes. Return meatballs and add marinara sauce to pan, and bring to a simmer over medium heat, scraping pan to loosen browned bits. Reduce heat to medium-low, and simmer 5 minutes or until meatballs are done.
- Add pasta to sauce mixture; toss well.
- Sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:23, Inflammation Score:-8, Nutrition Score:26.184347997541%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 484.1kcal (24.21%), Fat: 14.93g (22.96%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 64.06g (21.35%), Net Carbohydrates: 57.91g (21.06%), Sugar: 11.72g (13.02%), Cholesterol: 101.26mg (33.75%), Sodium: 1418.9mg

(61.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.23%), Selenium: 70.88µg (101.26%), Iron: 10.83mg (60.18%), Vitamin C: 40.96mg (49.65%), Manganese: 0.87mg (43.63%), Phosphorus: 389.46mg (38.95%), Vitamin B6: 0.7mg (35.12%), Vitamin B3: 5.81mg (29.03%), Fiber: 6.16g (24.62%), Zinc: 3.54mg (23.57%), Potassium: 816.81mg (23.34%), Copper: 0.47mg (23.27%), Magnesium: 86.73mg (21.68%), Vitamin B2: 0.32mg (18.73%), Vitamin B5: 1.76mg (17.59%), Vitamin E: 2.58mg (17.21%), Vitamin B1: 0.24mg (15.97%), Vitamin A: 783.82IU (15.68%), Folate: 52.33µg (13.08%), Calcium: 106.91mg (10.69%), Vitamin B12: 0.58µg (9.64%), Vitamin K: 9.71µg (9.25%), Vitamin D: 0.2µg (1.36%)