



 **63%**
HEALTH SCORE

Spicy Parmesan Meatballs with Angel Hair Pasta

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup all-bran cereal
- 1 lb ground beef 90% (at least)
- 1 oz parmesan shredded
- 0.8 teaspoon seasoning italian
- 0.3 teaspoon garlic powder
- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced with green pepper and onion, undrained canned

- 0.1 teaspoon ground pepper red (cayenne)
- 6 oz angel hair pasta whole wheat uncooked (capellini)
- 1 serving parmesan shredded
- 1 tablespoons parsley fresh chopped

Equipment

- food processor
- bowl
- frying pan
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
- In large bowl, mix crushed cereal, ground beef, 1/4 cup cheese, the Italian seasoning, garlic powder and 1/4 cup of the tomato sauce until well blended. Shape into 16 (1 1/2-inch) meatballs.
- Spray 12-inch skillet with cooking spray. Cook meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned.
- Drain if necessary.
- Add remaining tomato sauce, the tomatoes and red pepper to meatballs; turn meatballs to coat. Cover; cook over medium-low heat 15 to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center.
- Meanwhile, cook and drain pasta as directed on package.
- Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley.

Nutrition Facts

 PROTEIN **34.64%**  FAT **21.97%**  CARBS **43.39%**

Properties

Glycemic Index:54.42, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:41.545652244402%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 423.88kcal (21.19%), Fat: 10.94g (16.83%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 43.11g (15.67%), Sugar: 6.44g (7.16%), Cholesterol: 80.23mg (26.74%), Sodium: 758.42mg (32.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.82g (77.64%), Manganese: 2.34mg (116.9%), Vitamin B6: 2.13mg (106.34%), Vitamin B12: 4.9µg (81.68%), Selenium: 55.66µg (79.51%), Phosphorus: 606.09mg (60.61%), Zinc: 8.92mg (59.46%), Vitamin B3: 11.5mg (57.51%), Folate: 199.1µg (49.78%), Iron: 8.16mg (45.36%), Vitamin B2: 0.7mg (41.41%), Vitamin B1: 0.59mg (39.07%), Magnesium: 155.82mg (38.95%), Calcium: 292.56mg (29.26%), Potassium: 991.14mg (28.32%), Copper: 0.55mg (27.36%), Vitamin K: 24.54µg (23.37%), Fiber: 5.51g (22.04%), Vitamin C: 17.24mg (20.9%), Vitamin B5: 1.64mg (16.41%), Vitamin A: 799.39IU (15.99%), Vitamin E: 2.1mg (13.99%), Vitamin D: 0.69µg (4.57%)