






 **62%**
HEALTH SCORE

Spicy Parmesan Meatballs with Angel Hair Pasta

 Very Healthy

READY IN

50 min.

SERVINGS

4

CALORIES

512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup all-bran cereal
- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced with green pepper and onion, undrained canned
- 1 lb ground beef 90% (at least)
- 1 tablespoons parsley fresh chopped
- 0.3 teaspoon garlic powder
- 0.1 teaspoon ground pepper red (cayenne)

- 0.8 teaspoon seasoning italian
- 1 oz parmesan shredded
- 4 servings parmesan shredded
- 6 oz angel hair pasta whole wheat uncooked (capellini)

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 35%**  **FAT 28.15%**  **CARBS 36.85%**

Properties

Glycemic Index:54.42, Glycemic Load:3.65, Inflammation Score:-9, Nutrition Score:44.772608985072%

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: 512.08kcal (25.6%), Fat: 16.75g (25.78%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 49.34g (16.45%), Net Carbohydrates: 43.83g (15.94%), Sugar: 6.62g (7.36%), Cholesterol: 95.53mg (31.84%), Sodium: 1118.87mg (48.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.87g (93.73%), Manganese: 2.34mg (117.12%), Vitamin B6: 2.15mg (107.36%), Selenium: 60.72µg (86.75%), Vitamin B12: 5.17µg (86.18%), Phosphorus: 762.24mg (76.22%), Zinc: 9.54mg (63.58%), Vitamin B3: 11.56mg (57.82%), Calcium: 558.96mg (55.9%), Folate: 200.68µg (50.17%), Iron: 8.35mg (46.38%), Vitamin B2: 0.78mg (45.81%), Magnesium: 165.72mg (41.43%), Vitamin B1: 0.59mg (39.65%), Potassium: 1011.84mg (28.91%), Copper: 0.55mg (27.72%), Vitamin K: 24.93µg (23.74%), Fiber: 5.51g (22.04%), Vitamin C: 17.24mg (20.9%), Vitamin A: 975.11IU (19.5%), Vitamin B5: 1.74mg (17.43%), Vitamin E: 2.15mg (14.32%), Vitamin D: 0.8µg (5.32%)