



Sunday Gravy and Macaroni (Spaghetti, really)

READY IN



45 min.

SERVINGS



4

CALORIES



1933 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup beef broth
- ☐ 0.5 cup bread crumbs italian
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 loaf top italian for serving
- ☐ 1 eggs
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 5 cloves garlic chopped for sauce, 2 for meatballs
- ☐ 2 mild sausage links to package directions and coin sweet italian hot

- ☐ 1 pound meat loaf mix
- ☐ 0.3 cup olive oil extra-virgin for both meats and sauce
- ☐ 1 small onion minced
- ☐ 0.3 cup parmigiano-reggiano grated for tossing pasta and to pass at table
- ☐ 3 pork loin chops thin cut cut in 1/2
- ☐ 0.5 teaspoon pepper flakes red crushed for moderate to spicy marinara
- ☐ 4 servings salt and pepper
- ☐ 1 pound pasta like spaghetti
- ☐ 1 leaves a handful fresh chopped

Equipment

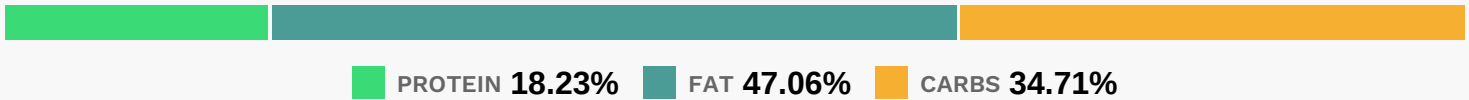
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Heat water for pasta to boil. Salt and cook pasta 7 to 8 minutes, to al dente.
- ☐ Preheat oven to 425 degrees F.
- ☐ Heat a deep skillet or medium heavy bottomed sauce pot over medium high heat. Season pork chops with salt and pepper. Halve sausages.
- ☐ Add 1 tablespoon, 1 turn of the pan, extra-virgin olive oil to pan or pot.
- ☐ Place chops in pan or pot and brown 2 minutes on each side, remove.
- ☐ Add another tablespoon oil, 1 turn of the pan, and sausages. Brown sausages 2 minutes on each side and transfer to plate with pork.
- ☐ Add pepper flakes, 3 cloves chopped garlic and onion to the pot and saute 1 minute.
- ☐ Add broth to the pan and scrape up drippings.
- ☐ Add tomatoes and herbs and bring sauce to a bubble.

- ☐ Add meats back to the pot and reduce heat to simmer. Simmer sauce until ready to serve, 12 to 15 minutes.
- ☐ Combine ground meat, egg, remaining 2 cloves chopped garlic, 1/3 cup cheese, and bread crumbs. Season with salt and pepper and roll into balls, 1 1/2 to 2 inches in diameter.
- ☐ Place balls on nonstick cookie sheet. Roast meatballs 10 minutes, then slide into Sunday sauce and turn off oven.
- ☐ Add bread to oven to crisp crust.
- ☐ To serve, place pork, sausages and meatballs on serving dish.
- ☐ Pour 1/2 of the sauce into a serving dish to ladle over pasta and meats at the table. Toss cooked spaghetti with remaining sauce in sauce pot, adding a few handfuls of grated cheese to the pot as you toss it.
- ☐ Transfer pasta to a serving dish.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:40.71, Inflammation Score:-9, Nutrition Score:52.103912851085%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 1932.6kcal (96.63%), Fat: 102.47g (157.64%), Saturated Fat: 41.05g (256.56%), Carbohydrates: 170.05g (56.68%), Net Carbohydrates: 156.17g (56.79%), Sugar: 53.1g (59%), Cholesterol: 236.76mg (78.92%), Sodium: 1943.83mg (84.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.31g (178.63%), Selenium: 126.73µg (181.04%), Vitamin B3: 21.32mg (106.6%), Vitamin B1: 1.51mg (100.47%), Manganese: 1.67mg (83.49%), Vitamin K: 86.54µg (82.42%), Vitamin B6: 1.57mg (78.6%), Phosphorus: 757.1mg (75.71%), Iron: 11.97mg (66.51%), Potassium: 2005.52mg (57.3%), Fiber: 13.88g (55.52%), Copper: 1mg (50.01%), Magnesium: 183.96mg (45.99%), Vitamin C: 34.82mg (42.21%), Vitamin B2: 0.71mg (41.9%), Vitamin E: 6.18mg (41.21%), Folate: 153.34µg (38.33%), Zinc: 5.68mg (37.85%), Calcium: 261.24mg (26.12%), Vitamin B5: 2.6mg (25.98%), Vitamin A: 1165.55IU (23.31%), Vitamin B12: 1.29µg (21.51%), Vitamin D: 0.66µg (4.42%)