



## Whole-Wheat Spaghetti and Meatballs

READY IN



42 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 0.5 teaspoon pepper red crushed to taste (or )
- 1 large eggs lightly beaten
- 5 garlic clove minced
- 2 tablespoons ground flaxseed
- 1 pound pd of ground turkey
- 1 teaspoon kosher salt divided
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 2 tablespoons parmesan cheese freshly grated

- 2 pounds tomatoes ripe roughly chopped
- 8 ounces spaghetti whole-wheat

## Equipment

- bowl
- frying pan

## Directions

- Cook the pasta according to the label until al dente. Reserve 3 TBSP cooking liquid; drain.
- Meanwhile, in a large bowl, combine the turkey, flaxseed, Parmesan, egg, pepper, and 1/2 tsp salt.
- Mix well, then shape into 8 equal meatballs.
- Heat 1 TBSP oil in a large skillet over medium heat. Arrange the meatballs in a single layer in the skillet, working in batches if necessary. Cook, gently turning the meatballs occasionally, until golden brown on all sides (about 10 minutes).
- Transfer the meatballs to a dish.
- Heat the remaining TBSP oil in the same skillet. Reduce the heat to low.
- Add the garlic and cook, stirring, until golden and aromatic (1-2 minutes).
- Add the tomatoes and crushed red pepper. Stir until well mixed. Raise the heat to medium-high.
- Add the browned meatballs and remaining 1/2 tsp salt. Cook, stirring occasionally, until the meatballs are cooked through and the sauce thickens slightly (about 10 minutes).
- Add the pasta and the reserved cooking liquid to the meatball mixture. Gently toss until well combined.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:34.846087144769%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 481.03kcal (24.05%), Fat: 13.89g (21.36%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 50.39g (18.33%), Sugar: 6.12g (6.8%), Cholesterol: 111.04mg (37.01%), Sodium: 722.56mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.27g (80.54%), Manganese: 2.19mg (109.52%), Selenium: 72.65µg (103.79%), Vitamin B3: 15.44mg (77.21%), Vitamin B6: 1.37mg (68.6%), Phosphorus: 528.08mg (52.81%), Vitamin A: 2082.52IU (41.65%), Magnesium: 156.76mg (39.19%), Vitamin C: 32.26mg (39.11%), Vitamin B1: 0.5mg (33.49%), Potassium: 1067.66mg (30.5%), Zinc: 4.21mg (28.04%), Copper: 0.53mg (26.36%), Iron: 4.15mg (23.05%), Vitamin K: 23.1µg (22%), Folate: 84.7µg (21.18%), Vitamin B5: 2.02mg (20.2%), Vitamin B2: 0.32mg (18.91%), Vitamin E: 2.57mg (17.12%), Fiber: 3.91g (15.62%), Vitamin B12: 0.72µg (12.06%), Calcium: 95.94mg (9.59%), Vitamin D: 0.72µg (4.77%)