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Spaghetti with Meatballs ♦♦

Spaghetti with meatballs is a classic Italian dish that is enjoyed all over the world. It consists of spaghetti noodles topped with flavorful meatballs and a rich tomato sauce. This dish is perfect for a hearty dinner and is loved by both kids and adults.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spaghetti noodles
500 g	Ground Beef
50 g	bread crumbs
1 pieces	egg
50 g	parmesan cheese

2 cloves	garlic
500 g	tomato sauce
30 ml	olive oil
1 tsp	salt
0.5 tsp	black pepper
10 g	Fresh Basil

Directions

Step 1

Boiling

Cook the spaghetti noodles according to the package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Mixing

In a large bowl, combine the ground beef, bread crumbs, egg, Parmesan cheese, minced garlic, salt, and black pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Shaping

Shape the mixture into meatballs, about 1 inch in diameter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat olive oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides, about 8-10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Simmering

Remove the meatballs from the skillet and set aside. In the same skillet, add the tomato sauce and minced garlic. Cook for 5 minutes, until heated through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Mixing

Add the cooked spaghetti noodles to the skillet with the tomato sauce. Toss to coat the noodles with the sauce.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the spaghetti with meatballs hot, garnished with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Italian

French

German

American

Course

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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