

# Italian Meatballs (and Spaghetti)

Yield: 7 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-and-beef-meatloaf-recipe>

## Ingredients:

- 1 pound pork
- 1 pound beef
- 2 slices crusts removed, then torn into tiny pieces
- 1/4 cup bread crumbs
- 2 tablespoons parsley
- 1/2 cup Parmesan cheese
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1 egg
- 3/4 cup water
- 1/2 cup flour
- 2 tablespoons butter
- 1 tablespoon olive oil
- 6 cups tomato sauce

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 135 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 36 grams
7. SaturatedFat: 11 grams
8. Sodium: 1830 milligrams
9. Sugar: 20 grams
10. TransFat: 0.5 grams

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