

# Classic Spaghetti and Meatballs

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-spaghetti-meatball-recipe>

## Ingredients:

- meatballs
- 1 pound ground beef
- 1/2 cup bread crumbs
- 1/3 cup grated Parmesan finely
- 1 tablespoon fresh basil chopped
- 1/2 tablespoon fresh parsley chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cayenne pepper
- 2 cloves garlic minced
- 1 egg
- 3 tablespoons olive oil
- sauce
- 28 ounces diced tomatoes with juices
- 1/4 cup fresh basil leaves packed
- 1 pinch crushed red pepper flakes
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 2 garlic cloves minced
- 1 pound spaghetti
- Parmesan for serving

## Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 140 milligrams
4. Fat: 42 grams
5. Fiber: 7 grams
6. Protein: 46 grams

7. SaturatedFat: 12 grams
  8. Sodium: 1110 milligrams
  9. Sugar: 13 grams
  10. TransFat: 1 grams
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