

Italian Spaghetti and Meatballs

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-italian-spaghetti-and-meatballs-recipe>

Ingredients:

- olive oil
- 2 onions diced
- 2 garlic cloves crushed
- 2 teaspoons fennel seeds
- 3 3/8 tablespoons milk
- 15/16 cup bread crumbs
- 2 1/4 pounds minced beef
- 2 eggs beaten
- 2 chopped tomatoes
- 1 1/4 cups tomato passata
- chili flakes a pinch, optional
- 1 bay leaf
- 1 tablespoon golden caster sugar
- 1 tablespoon red wine vinegar
- spaghetti cooked, to serve
- 3 oregano leaves optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 140 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 8 grams
8. Sodium: 350 milligrams
9. Sugar: 7 grams
10. TransFat: 1.5 grams

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