

# Spaghetti and Meatballs

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-meatballs-kjottkaker-recipe>

## Ingredients:

- 1 large egg
- 3 tablespoons fresh basil finely chopped, plus more for serving
- 3 tablespoons finely chopped fresh parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper freshly
- 2 cloves garlic minced
- 1/4 cup water
- 1 1/2 pounds meatloaf ground ", mix", approximately equal parts ground beef, pork and veal
- 3/4 cup italian style bread crumbs dried, such as Progresso
- 1/2 cup parmigiano reggiano cheese freshly grated, plus more for serving
- 32 ounces marinara sauce good quality, such as Rao's
- 1 pound spaghetti

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 120 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 41 grams
7. SaturatedFat: 10 grams
8. Sodium: 1210 milligrams
9. Sugar: 17 grams
10. TransFat: 1 grams

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