

# Spaghetti with Hungry Planet® Tuscan Meatballs

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	RDS		25	9.13 oz

## 1 HUNGRY PLANET MEATBALL

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Beef™	~ 1 1/2 qt	3 lb 2.00 oz	Mix Hungry Planet Beef™ with chopped spinach, egg replacer, bread crumbs, garlic, lemon zest, salt & pepper, and shape into meatballs. Brown meatballs in oil bake in a 350°F oven for 6 minutes. Remove and hold warm.
Spinach, frozen, chopped or leaf, unprepared <i>thawed, drained, chopped</i>	1 1/8 qt	1 lb 9.00 oz	
Egg replacer	0.0 ea	0 lb 6.25 oz	
Bread crumbs	~ 1 1/2 cup	0 lb 5.95 oz	
Garlic, raw	~ 3 tbsp	0 lb 0.94 oz	
Lemon zest <i>fresh</i>	~ 2 tbsp	0 lb 0.44 oz	
Salt, kosher, Diamond Crystal	~ 1 tbsp	0 lb 0.31 oz	
Spices, pepper, black	~ 1 tsp	0 lb 0.07 oz	

## 2 SAUCE

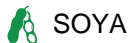
Name of ingredient	Capacity measure	EP	Methods
Alcoholic beverage, wine, table, white		1 lb 9.93 oz	Deglazed the pans with white wine and add lemon juice, vegetable stock, vegan butter, and garlic. Simmer for 4-5 minutes.
Lemon juice, raw	~ 1 1/2 cup	0 lb 12.97 oz	
Vegetable stock	~ 1 1/2 pt	1 lb 9.00 oz	
Vegan butter <i>like Earth Balance, or 4 tbsp</i>	~ 2/3 cup	0 lb 4.63 oz	
Garlic clove, finely minced <i>chopped</i>	~ 1/2 cup	0 lb 2.25 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>3</b> Soymilk (all flavors), unsweetened, with added cal	~ 1 cup	0 lb 6.70 oz	Make a slurry with the soymilk and cornstarch. Whisk into simmering sauce to thicken and cook for 1 minute. Adjust seasoning with salt.
Cornstarch	~ 3 1/4 tbsp	0 lb 0.88 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>4</b> Spaghetti, cooked	2 1/2 qt	3 lb 2.00 oz	Add cooked pasta to sauce and toss until noodles are well coated. If sauce seems to thicken, thin with a little vegetable stock.

Name of ingredient	Capacity measure	EP	Methods
<b>5</b> Vegan parmesan, dry, grated	~ 1 1/2 pt	0 lb 10.94 oz	Return hot meatballs to pan and coat with sauce. Sprinkle with parmesan cheese and serve.

**ALLERGENS**



SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 4.25 oz	0 %	14 lb 4.25 oz	0 %	14 lb 4.25 oz
Size of portion	9.13 oz		9.13 oz		9.13 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
<b>Fat</b>	<b>1.17 g</b>	<b>12.30 %</b>	<b>84.15 kcal</b>	<b>Salt</b>	<b>0.21 g</b>		
Saturated	0.06 g	0.68 %	352.07 kJ	Salt	0.21 %	Vitamins	
Monounsaturated	0.05 g	0.57 %	0.35 MJ	Sodium	173.87 mg	Vitamin A	65.95 µg
Polyunsaturated	0.15 g	1.60 %		Phosphorus	37.52 mg	Vitamin D	0.04 µg
Trans	0.00 g	0.00 %		Potassium	202.62 mg	Thiamine	0.06 mg
Cholesterol	0.00 mg			Iron	1.41 mg	Riboflavin	0.07 mg
Linolenic acid	0.10 g			Calcium	55.76 mg	Niacin	0.59 mg
Alpha-linolenic acid	0.56 mg			Zinc	0.36 mg	Vitamin B6	0.06 mg
<b>Carbohydrate</b>	<b>11.10 g</b>	<b>53.58 %</b>		Magnesium	25.06 mg	Vitamin B12	0.04 µg
Sugars	0.51 g	2.46 %		Iodine	0.00 µg	Folic acid	2.14 µg
Sugar	0.00 g			Selenium	6.24 µg	Vitamin C	3.18 mg
Lactose	0.00 g			Copper	0.07 mg	Vitamin E	0.33 mg
<b>Fibre</b>	<b>1.60 g</b>	<b>3.64 %</b>				Vitamin K	41.02 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	43.25 g
Starch	1.56 g	7.51 %					
<b>Protein</b>	<b>6.06 g</b>	<b>29.24 %</b>					
<b>Alcohol</b>	<b>1.17 g</b>	<b>9.64 %</b>					