

# Skillet Spaghetti & Mozzarella Stuffed Meatballs

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*1 pound ground beef*  
*1/3 cup Italian seasoned bread*  
*crumbs*  
*1 jar pasta sauce, divided*  
*1 1/2 tablespoons Parmesan cheese,*  
*grated*  
*1 large egg*  
*1 clove garlic, crushed*  
*1/2 teaspoon salt*  
*3 ounces mozzarella cheese, cut into*  
*twelve cubes, 3/4-inch thick*  
*8 ounces spaghetti, cooked and*  
*drained*

In a medium bowl, combine the ground beef, bread crumbs, 1/4 cup of sauce, Parmesan cheese, egg, garlic and salt. Shape into twelve meatballs. Press one cheese cube into the center of each meatball, enclosing completely.

Brown the meatballs in a twelve-inch nonstick skillet. Drain the fat, if desired. Add the remaining sauce and bring to a boil. Reduce the heat. Simmer for 10 minutes or until the meatballs are done.

Serve with the spaghetti.

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Per Serving (excluding unknown items): 2632 Calories; 152g Fat (52.9% calories from fat); 132g Protein; 173g Carbohydrate; 6g Dietary Fiber; 680mg Cholesterol; 1954mg Sodium. Exchanges: 11 1/2 Grain(Starch); 15 Lean Meat; 0 Vegetable; 21 1/2 Fat.

Pasta

## Per Serving Nutritional Analysis

Calories (kcal):	2632
% Calories from Fat:	52.9%
% Calories from Carbohydrates:	26.7%
% Calories from Protein:	20.4%
Total Fat (g):	152g
Saturated Fat (g):	66g
Monounsaturated Fat (g):	62g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	680mg

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	13.4mcg
Thiamin B1 (mg):	2.5mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	104mcg
Niacin (mg):	38mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Carbohydrate (g):	173g
Dietary Fiber (g):	6g
Protein (g):	132g
Sodium (mg):	1954mg
Potassium (mg):	1553mg
Calcium (mg):	708mg
Iron (mg):	18mg
Zinc (mg):	22mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1065IU
Vitamin A (r.e.):	316 1/2RE

## Food Exchanges

Grain (Starch):	11 1/2
Lean Meat:	15
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	21 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	2632	Calories from Fat: 1392
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### % Daily Values\*

<b>Total Fat</b>	152g	234%
Saturated Fat	66g	328%
<b>Cholesterol</b>	680mg	227%
<b>Sodium</b>	1954mg	81%
<b>Total Carbohydrates</b>	173g	58%
Dietary Fiber	6g	22%
<b>Protein</b>	132g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		2%
<b>Calcium</b>		71%
<b>Iron</b>		99%

\* Percent Daily Values are based on a 2000 calorie diet.