



Alicante Turkey Meatballs

READY IN



35 min.

SERVINGS



6

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounce country bread white
- ☐ 2 celery stalks
- ☐ 0.3 cup milk fat-free
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 1 garlic clove
- ☐ 4 ounces ground pork
- ☐ 4 ounces pd of ground turkey
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon pinenuts coarsely chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 cups turkey-saffron stock

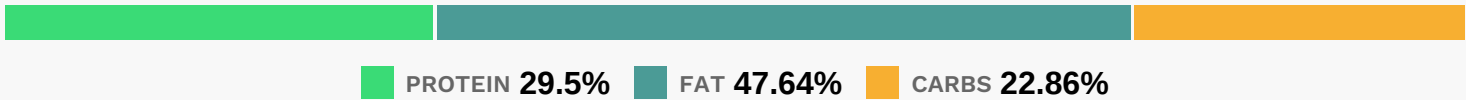
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Combine first 3 ingredients in a food processor; process until coarsely ground.
- ☐ Combine breadcrumb mixture and milk in a medium bowl; let stand 5 minutes.
- ☐ Add nuts and next 4 ingredients (through liver) to milk mixture. Shape into 12 meatballs, about 1 1/2 tablespoons each.
- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add meatballs; cook 4 minutes, turning to brown on all sides.
- ☐ Remove meatballs from pan. Wipe pan clean; heat over medium heat.
- ☐ Add Turkey-Saffron Stock and celery to pan; bring to a simmer. Return meatballs to pan in a single layer. Cover and simmer 10 minutes or until meatballs are done.
- ☐ Place 2 meatballs in each of 6 shallow bowls. Ladle about 1/3 cup stock mixture into each bowl.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:11.642173927763%

Flavonoids

Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 155.14kcal (7.76%), Fat: 8.19g (12.6%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.36g (3.04%), Sugar: 2.56g (2.85%), Cholesterol: 26.78mg (8.93%), Sodium: 284.56mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin K: 84.28µg (80.26%), Vitamin B3: 4.51mg (22.56%), Selenium: 13.12µg (18.74%), Vitamin B1: 0.24mg (16.32%), Vitamin B6: 0.31mg (15.62%), Phosphorus: 136.08mg (13.61%), Manganese: 0.22mg (11.2%), Vitamin B2: 0.18mg (10.69%), Vitamin A: 463.99IU (9.28%), Vitamin C: 7.15mg (8.67%), Zinc: 1.17mg (7.81%), Potassium: 269.74mg (7.71%), Iron: 1.22mg (6.76%), Folate: 25.82µg (6.46%), Magnesium: 23.37mg (5.84%), Copper: 0.11mg (5.28%), Calcium: 52.16mg (5.22%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.45mg (2.98%), Fiber: 0.48g (1.9%), Vitamin D: 0.23µg (1.5%)