



Barbecue Turkey Meatball Sliders

READY IN



45 min.

SERVINGS



34

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 34 servings barbecue sauce (your choice)
- ☐ 1 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 small garlic clove finely minced
- ☐ 1.5 pounds pd of ground turkey lean
- ☐ 34 servings potato buns (or bread)
- ☐ 34 servings salt and pepper
- ☐ 3 spring onion finely chopped
- ☐ 1 balls turkey meat light (recipe above)

- ☐ 34 servings vegetable oil for baking sheet
- ☐ 3 slices sandwich bread whole-wheat
- ☐ 0.3 cup milk whole

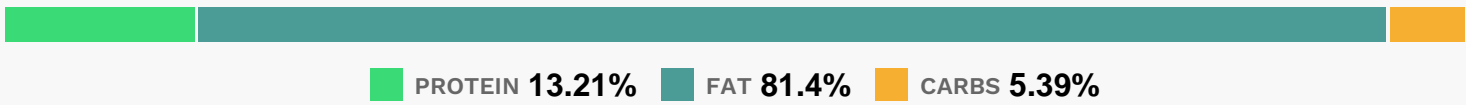
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ziploc bags

Directions

- ☐ Pulse the bread in a food processor until fine crumbs form.
- ☐ Mix bread in a bowl with the milk.
- ☐ Let stand at least five minutes.
- ☐ Combine the turkey, scallions, garlic, parsley, egg, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper in a large bowl.
- ☐ Add breadcrumb mixture, mix together gently with a fork.
- ☐ Form mixture into balls (about 2 tablespoons each). Freeze meatballs on a baking sheet for two hours, then transfer to a resealable plastic bag or an airtight container and freeze for up to three months.
- ☐ Mini Barbecue Meatball Sliders
- ☐ Adapted from Everyday Food magazine.
- ☐ Broil the meatballs on a well-oiled baking sheet for 10 to 12 minutes, until cooked through. Put one meatball inside each roll, and top with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:4.2013043489145%

Flavonoids

Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 160.2kcal (8.01%), Fat: 14.71g (22.63%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.66g (0.74%), Cholesterol: 16.71mg (5.57%), Sodium: 231.34mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin K: 31.83µg (30.32%), Vitamin B3: 2.12mg (10.62%), Vitamin B6: 0.18mg (9.06%), Vitamin E: 1.2mg (7.97%), Selenium: 5.47µg (7.82%), Phosphorus: 53.7mg (5.37%), Zinc: 0.41mg (2.73%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.22mg (2.22%), Vitamin B1: 0.03mg (2.15%), Potassium: 73.7mg (2.11%), Vitamin B12: 0.13µg (2.09%), Iron: 0.33mg (1.85%), Folate: 7.3µg (1.83%), Magnesium: 7.31mg (1.83%), Calcium: 12.97mg (1.3%), Manganese: 0.02mg (1.08%)