



Barbecue Turkey Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 tablespoons apple cider vinegar
- 14.5 ounce canned tomatoes diced with mild green chiles (such as del monte) canned
- 1 tablespoon chili powder
- 2 tablespoons brown sugar dark
- 0.1 teaspoon ground cloves
- 1 teaspoon ground cumin
- 1.3 pounds pd of ground turkey
- 3 tablespoons italian-seasoned breadcrumbs dried

0.3 teaspoon paprika smoked

Equipment

bowl

frying pan

blender

Directions

Place first 6 ingredients in a blender; blend until smooth.

Combine turkey, breadcrumbs, and chili powder in a large bowl; using wet hands, shape into 16 meatballs.

Heat a large skillet over medium-high heat. Lightly coat pan with cooking spray.

Add meatballs; cook 2 minutes, turning to brown on all sides.

Add tomato mixture to pan; bring to a simmer. Cover, reduce heat, and simmer for 6 minutes or until the meatballs are done.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:21.777825739073%

Nutrients (% of daily need)

Calories: 253.18kcal (12.66%), Fat: 3.88g (5.98%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 16.79g (6.11%), Sugar: 10.98g (12.2%), Cholesterol: 78.04mg (26.01%), Sodium: 344.19mg (14.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Vitamin B3: 15.75mg (78.77%), Vitamin B6: 1.43mg (71.56%), Selenium: 34.32µg (49.03%), Phosphorus: 377.87mg (37.79%), Potassium: 802.84mg (22.94%), Zinc: 3mg (20.01%), Iron: 3.57mg (19.83%), Manganese: 0.39mg (19.39%), Vitamin A: 931.88IU (18.64%), Magnesium: 71.31mg (17.83%), Vitamin B1: 0.25mg (16.38%), Vitamin B5: 1.61mg (16.09%), Copper: 0.32mg (15.88%), Vitamin B2: 0.26mg (15.03%), Vitamin E: 2.22mg (14.83%), Fiber: 3.13g (12.53%), Vitamin B12: 0.75µg (12.49%), Vitamin C: 9.71mg (11.77%), Vitamin K: 11.23µg (10.69%), Folate: 34.37µg (8.59%), Calcium: 70.42mg (7.04%), Vitamin D: 0.57µg (3.78%)