



Cajun meatballs

READY IN



50 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp butter
- ☐ 2 tbsp flour plain
- ☐ 1 onion finely chopped
- ☐ 1 bell pepper green deseeded finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 bay leaf
- ☐ 400 g plum tomatoes canned
- ☐ 1 chicken stock cube

- ☐ 1 dash pepper sauce hot
- ☐ 4 spring onion finely sliced
- ☐ 1 handful coriander roughly chopped
- ☐ 1 tbsp cajun spice
- ☐ 500 g pack turkey mince
- ☐ 1 tbsp vegetable oil
- ☐ 4 servings mash

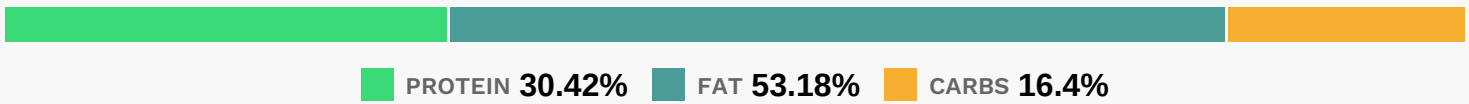
Equipment

- ☐ frying pan

Directions

- ☐ Put the butter in a pan over a low heat. Stir in the flour and cook, stirring all the time to make a roux. Cook until the roux is hazelnut brown in colour make sure that it doesnt burn. Tip in the vegetables, garlic and bay leaf, stir briefly, then pour in the tomatoes and 1 cans of water. Crumble in the stock cube, add the hot sauce, then cover and cook for 15 mins, stirring occasionally, while you make the meatballs.
- ☐ Work the spice and some seasoning into the turkey mince. Try not to over-handle or it will toughen. Shape into 20 meatballs.
- ☐ Heat the oil in a large non-stick pan and quickly brown the meatballs in batches until they are nicely coloured on all sides.
- ☐ Stir the sauce, then drop in the meatballs and cook on a low heat for 10 mins until the turkey is cooked through. Scatter over the spring onions and coriander, and serve with some rice or mash.

Nutrition Facts



Properties

Glycemic Index:100.55, Glycemic Load:4.61, Inflammation Score:-9, Nutrition Score:21.926087027011%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 334.84kcal (16.74%), Fat: 20.3g (31.24%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 10.8g (3.93%), Sugar: 5.21g (5.78%), Cholesterol: 107.89mg (35.97%), Sodium: 383.83mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.13g (52.26%), Vitamin C: 42.77mg (51.84%), Vitamin A: 2247.46IU (44.95%), Vitamin K: 46.89µg (44.66%), Vitamin B3: 8.07mg (40.34%), Selenium: 26.07µg (37.24%), Vitamin B6: 0.69mg (34.37%), Phosphorus: 300.8mg (30.08%), Vitamin B12: 1.52µg (25.25%), Zinc: 3.61mg (24.06%), Potassium: 693.89mg (19.83%), Vitamin B2: 0.33mg (19.22%), Manganese: 0.31mg (15.67%), Vitamin B5: 1.51mg (15.14%), Iron: 2.68mg (14.89%), Vitamin B1: 0.2mg (13.21%), Fiber: 3.29g (13.16%), Copper: 0.26mg (13.02%), Magnesium: 51.06mg (12.77%), Folate: 49.37µg (12.34%), Vitamin E: 1.84mg (12.24%), Calcium: 66.89mg (6.69%), Vitamin D: 0.5µg (3.33%)