



 **18%**
HEALTH SCORE

Cheesy Turkey Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 0.8 cup breadcrumbs toasted
- 1 carrots shredded
- 1 eggs
- 1 clove garlic
- 1 pound pd of ground turkey
- 1 cup milk
- 1 cup onion diced finely
- 0.3 teaspoon pepper

- 4 servings salt to taste
- 0.5 cup cheddar cheese shredded
- 1 teaspoon worcestershire sauce

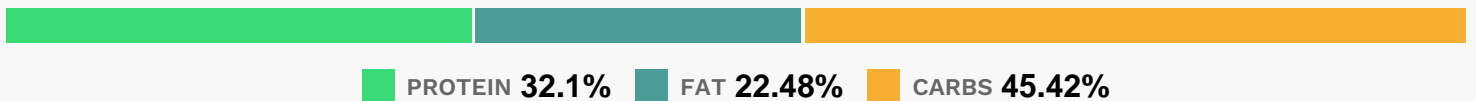
Equipment

- bowl
- frying pan

Directions

- Add together in a large bowl your turkey, breadcrumbs, egg, salt, Worcestershire, milk, carrot, onion, cheese, garlic and pepper.
- Mix it together well. I actually use my hands to mix it together (after a good washing of course). Its just easier and youre going to need to get dirty anyway to make the meatballs. Once youve mixed it up good, grab small handfuls of your meat mixture, roll them into balls.
- Heat up about a tablespoon of oil in a large skillet on medium high heat. When the oil is heated up, drop your balls into the pan.Cook for about 5 to 10 minutes, flipping to all sides, until they are cooked through. Once they are cooked up, drain any leftover oil and add in your bbq sauce.
- Heat and serve.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:24.555652173913%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 464.77kcal (23.24%), Fat: 11.62g (17.88%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 50.12g (18.23%), Sugar: 30.59g (33.99%), Cholesterol: 124.73mg (41.58%), Sodium: 1299.26mg (56.49%), Protein: 37.34g (74.68%), Vitamin B3: 13.07mg (65.36%), Vitamin A: 3038.66IU (60.77%), Vitamin B6: 1.19mg (59.72%), Selenium: 39.96µg (57.09%), Phosphorus: 472.39mg (47.24%), Vitamin B2: 0.46mg (27.06%), Calcium: 262.98mg (26.3%), Vitamin B1: 0.36mg (23.76%), Zinc: 3.44mg (22.93%), Potassium: 781.56mg (22.33%), Vitamin B12: 1.23µg (20.44%), Manganese: 0.39mg (19.62%), Vitamin B5: 1.78mg (17.78%), Magnesium: 69.77mg (17.44%), Iron: 2.76mg (15.33%), Folate: 50.97µg (12.74%), Fiber: 2.71g (10.84%), Copper: 0.21mg (10.58%), Vitamin D: 1.43µg (9.53%), Vitamin E: 1.03mg (6.88%), Vitamin C: 4.72mg (5.72%), Vitamin K: 5.58µg (5.32%)