



WHATShEATe



Classic Italian Turkey Meatballs

READY IN



85 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey meat dark
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground plus more to season
- ☐ 1 cup breadcrumbs plain
- ☐ 56 ounce tomatoes crushed canned
- ☐ 2 large eggs at room temperature
- ☐ 2 teaspoons ground fennel seeds finely
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.8 cup basil fresh chopped

- ☐ 2 cloves garlic minced
- ☐ 3 large cloves garlic peeled smashed
- ☐ 1 tablespoon catsup
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 1 large onion plus more to season finely chopped
- ☐ 1 small onion finely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup parmesan finely grated plus more for serving
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 pound spicy turkey sausage links italian
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup milk whole at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ ice cream scoop

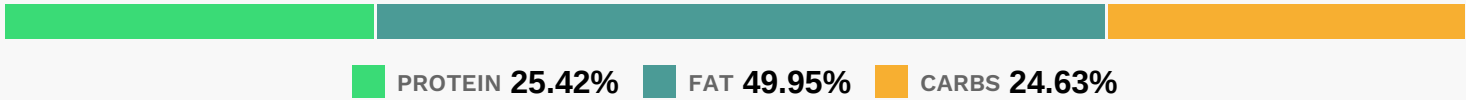
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ For the meatballs: In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, ketchup if using, tomato paste, salt, pepper, eggs, garlic and onions. Using a wooden spoon,

stir to blend.

- ☐ Add the ground turkey and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined.
- ☐ Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2-inch balls (22 to 24 meatballs).
- ☐ Place the meatballs on a heavy nonstick baking sheet, spacing apart.
- ☐ Drizzle with olive oil and bake until cooked through, 15 minutes.
- ☐ Heat the olive oil in a large deep skillet with 2-inch-high sides over medium-high heat.
- ☐ Add the garlic, onions, salt and pepper. Cook for 5 to 6 minutes.
- ☐ Add 1/2 cup of the basil, the fennel, oregano and crushed tomatoes. Bring to a simmer. Cook over medium heat until the sauce thickens slightly, stirring occasionally, 15 to 20 minutes. Stir in the remaining 1/4 cup basil. Adjust the seasoning with more salt and pepper if desired.
- ☐ Add the meatballs to the tomato sauce and simmer until the meatballs are heated through, about 10 minutes. Thin the sauce with chicken stock, 1/4 cup at a time, if needed.
- ☐ Serve with grated Parmesan alongside.

Nutrition Facts



Properties

Glycemic Index:79.33, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:43.907391589621%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 648.78kcal (32.44%), Fat: 37.19g (57.21%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 33.59g (12.21%), Sugar: 17.26g (19.18%), Cholesterol: 150.53mg (50.18%), Sodium: 1790.82mg (77.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.57g (85.15%), Manganese: 3.47mg (173.57%), Vitamin K: 92.04µg (87.66%), Vitamin B3: 15.15mg (75.76%), Iron: 13.52mg (75.11%), Vitamin B6: 1.47mg (73.49%), Selenium: 47.43µg (67.76%), Vitamin C: 53.85mg (65.28%), Phosphorus: 551.36mg (55.14%), Vitamin E: 7.22mg

(48.11%), Potassium: 1356.52mg (38.76%), Copper: 0.74mg (37.06%), Vitamin B1: 0.51mg (33.73%), Vitamin B2: 0.57mg (33.4%), Fiber: 7.66g (30.66%), Zinc: 4.6mg (30.65%), Calcium: 301.96mg (30.2%), Magnesium: 120.56mg (30.14%), Vitamin A: 1357.81IU (27.16%), Vitamin B5: 2.5mg (24.97%), Folate: 85.16µg (21.29%), Vitamin B12: 1.1µg (18.28%), Vitamin D: 0.79µg (5.26%)