



Contadina® Baked Meatballs in Tomato Herb Sauce

READY IN



35 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs fresh
- ☐ 6 servings soup noodles cooked
- ☐ 2 teaspoons basil dried divided
- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.3 pounds pd of ground turkey 93% lean not turkey breast
- ☐ 0.5 teaspoon onion powder
- ☐ 2 teaspoons oregano dried divided

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 6 ounce contadina® tomato paste divided canned
- ☐ 29 ounce contadina® tomatoes diced undrained canned

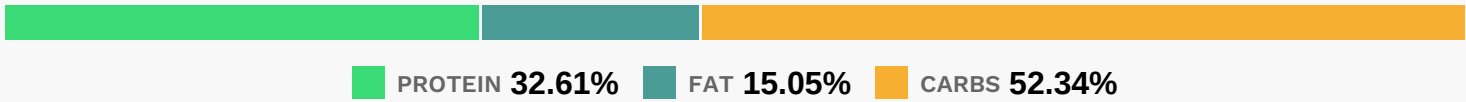
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F. Line a baking sheet with foil; coat with cooking spray.
- ☐ Combine 1/2 can tomato paste, egg, 1 tsp. each basil and oregano, onion powder, garlic powder and pepper in a large bowl. Stir in bread crumbs, Parmesan and raisins.
- ☐ Mix in turkey with hands or a large spoon until mixture is combined well. Shape into 16 meatballs, about 1 1/2-inches in diameter.
- ☐ Bake 20 minutes or until browned and cooked through (165 degrees F internal temperature).
- ☐ Meanwhile, stir together remaining tomato paste, diced tomatoes, 1 tsp. each oregano and basil, sugar and salt in a large saucepan. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes.
- ☐ Add baked meatballs to sauce and simmer 5 minutes for flavors to blend.
- ☐ Serve meatballs and sauce over pasta with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:40.6, Glycemic Load:15.77, Inflammation Score:-9, Nutrition Score:28.58521711308%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 447.19kcal (22.36%), Fat: 7.56g (11.62%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 53.1g (19.31%), Sugar: 9.96g (11.06%), Cholesterol: 86.5mg (28.83%), Sodium: 828.26mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.84g (73.68%), Selenium: 56.93µg (81.34%), Vitamin B3: 13.05mg (65.27%), Vitamin B6: 1.09mg (54.57%), Phosphorus: 435.87mg (43.59%), Manganese: 0.87mg (43.54%), Vitamin A: 1723.77IU (34.48%), Vitamin C: 25.04mg (30.35%), Potassium: 1030.81mg (29.45%), Iron: 5.08mg (28.24%), Vitamin B1: 0.41mg (27.54%), Vitamin K: 26.14µg (24.9%), Fiber: 6.05g (24.2%), Zinc: 3.41mg (22.76%), Magnesium: 89.93mg (22.48%), Vitamin B2: 0.37mg (21.48%), Copper: 0.42mg (20.88%), Folate: 73.17µg (18.29%), Calcium: 179.69mg (17.97%), Vitamin E: 2.38mg (15.86%), Vitamin B5: 1.39mg (13.92%), Vitamin B12: 0.75µg (12.57%), Vitamin D: 0.57µg (3.78%)