



 **61%**
HEALTH SCORE

Craze-E Turkey Meatballs in Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1016 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 cup beef broth plain canned (water can be used)
- 0.3 teaspoon ground pepper
- 4 servings brown rice cooked
- 1 teaspoon basil dried
- 0.5 cup breadcrumbs dry
- 1 eggs
- 4 servings extra wide egg noodles

- 0.3 cup evaporated milk
- 0.5 cup parsley fresh minced
- 1 garlic clove minced finely
- 2 garlic clove minced finely
- 1 lb pd of ground turkey
- 0.5 lb mushrooms sliced
- 1 tablespoon olive oil
- 0.3 cup onion minced
- 0.5 cup onion minced
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 4 servings parmesan cheese grated
- 4 servings soup noodles
- 4 servings salt and pepper to taste
- 0.5 teaspoon sugar
- 29 ounce tomatoes diced pureed canned
- 1 tablespoon worcestershire sauce

Equipment

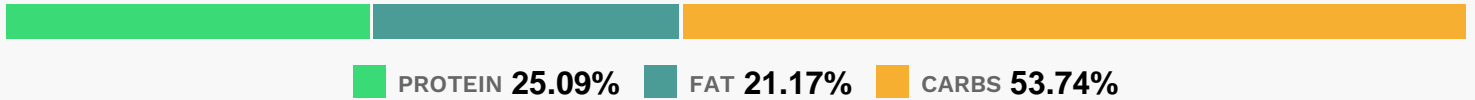
- bowl
- sauce pan
- casserole dish

Directions

- Combine all the meatball ingredients in a bowl and mix gently using your (clean) hands so that everything is evenly distributed. Shape mixture into 1-inch meatballs. Set aside. In a saucepan over medium heat, saute mushrooms in olive oil for 5 minutes.
- Add onion and garlic and cook until softened, 2-3 minutes longer.

- Add pureed tomatoes, broth or water, herbs and seasoning and bring to boil. Drop in meatballs and cook for 30 minutes, or until meatballs are cooked through and sauce has thickened (do not stir meatballs in sauce for first 5 minutes so that they can firm up).
- Remove bay leaf.
- Serve over brown rice or egg noodles or pasta, with extra parmesan cheese. Note: This can also be placed in a casserole dish, rice on bottom, meatballs and sauce on top, and reheated later on.

Nutrition Facts



Properties

Glycemic Index:105.82, Glycemic Load:46.35, Inflammation Score:-9, Nutrition Score:51.970869603364%

Flavonoids

Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 1016.44kcal (50.82%), Fat: 24.04g (36.98%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 137.33g (45.78%), Net Carbohydrates: 127.5g (46.36%), Sugar: 14.04g (15.59%), Cholesterol: 187.96mg (62.65%), Sodium: 1508.74mg (65.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.12g (128.24%), Selenium: 130.78µg (186.83%), Vitamin K: 140.78µg (134.08%), Manganese: 2.56mg (128.15%), Phosphorus: 1003.34mg (100.33%), Vitamin B3: 19.38mg (96.9%), Vitamin B6: 1.77mg (88.47%), Calcium: 558.63mg (55.86%), Vitamin B2: 0.89mg (52.32%), Magnesium: 202.66mg (50.67%), Zinc: 7.32mg (48.82%), Copper: 0.9mg (45.19%), Potassium: 1576.8mg (45.05%), Iron: 7.81mg (43.37%), Vitamin B1: 0.64mg (42.65%), Vitamin C: 34.52mg (41.84%), Fiber: 9.83g (39.33%), Vitamin B5: 3.82mg (38.16%), Vitamin A: 1426.65IU (28.53%), Folate: 109.72µg (27.43%), Vitamin B12: 1.45µg (24.21%), Vitamin E: 2.82mg (18.82%), Vitamin D: 1.16µg (7.71%)