



Creamy Parmesan Pasta with Turkey Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 0.8 cup breadcrumbs fresh
- 5 cups fettuccine barilla hot cooked uncooked (10 ounces pasta)
- 0.5 cup cooking wine dry white
- 1 large egg white
- 0.3 cup parsley fresh chopped
- 2 garlic cloves crushed
- 0.5 cup green onions chopped
- 0.5 pound ground turkey breast

- 0.8 cup onion finely chopped
- 1 ounce parmesan cheese fresh grated
- 0.5 teaspoon salt
- 2 tablespoons water
- 0.5 cup whipping cream

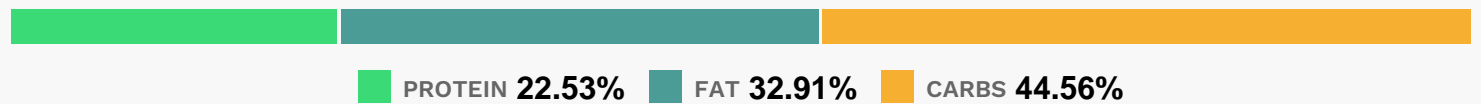
Equipment

- bowl
- frying pan

Directions

- To prepare meatballs, combine first 8 ingredients in a bowl. Shape turkey mixture into 20 balls.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add meatballs; browning on all sides.
- Remove meatballs from pan.
- Add wine and green onions to pan, scraping pan to loosen browned bits; cook 2 minutes.
- Add whipping cream, cheese, and water; reduce heat to medium, and cook 3 minutes, stirring frequently.
- Add pasta, and cook 1 minute, tossing to coat.
- Place pasta on each of 4 plates, and top with meatballs.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:16.59, Inflammation Score:-8, Nutrition Score:23.025652118351%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 498.73kcal (24.94%), Fat: 17.52g (26.96%), Saturated Fat: 9.09g (56.8%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 49.91g (18.15%), Sugar: 4.65g (5.17%), Cholesterol: 106.96mg (35.65%), Sodium: 616.98mg (26.83%), Alcohol: 3.09g (100%), Alcohol %: 1.16% (100%), Protein: 26.98g (53.97%), Vitamin K: 90.15µg (85.86%), Selenium: 53.02µg (75.74%), Vitamin B3: 7.6mg (38.01%), Manganese: 0.73mg (36.56%), Phosphorus: 350.94mg (35.09%), Vitamin B6: 0.67mg (33.38%), Vitamin B1: 0.31mg (20.47%), Vitamin A: 975.49IU (19.51%), Calcium: 185.51mg (18.55%), Vitamin B2: 0.31mg (18.27%), Magnesium: 69.24mg (17.31%), Zinc: 2.59mg (17.28%), Iron: 2.88mg (15.98%), Folate: 56.99µg (14.25%), Fiber: 3.46g (13.85%), Copper: 0.25mg (12.69%), Vitamin C: 10.2mg (12.37%), Potassium: 431.39mg (12.33%), Vitamin B5: 1.16mg (11.58%), Vitamin B12: 0.62µg (10.27%), Vitamin D: 0.87µg (5.78%), Vitamin E: 0.67mg (4.46%)