



Cumin-Coriander Turkey Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large egg whites
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon ground allspice
- ☐ 1.5 teaspoons ground coriander seeds

- ☐ 1.5 teaspoons ground cumin
- ☐ 12 ounces pd of ground turkey
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion minced
- ☐ 1 teaspoon salt
- ☐ 2 slices bread white home-style (such as Pepperidge Farm)

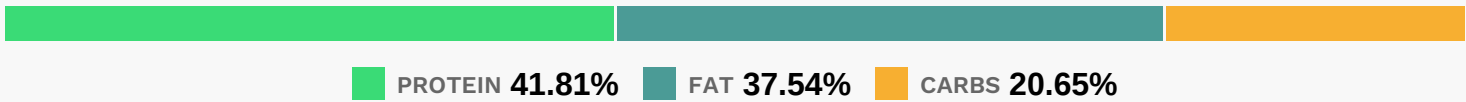
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ Place the bread in a food processor, and pulse 10 times to make coarse crumbs to measure 1 cup.
- ☐ Combine cilantro, dill, and parsley in a small bowl.
- ☐ Combine breadcrumbs, 4 1/2 tablespoons herb mixture, turkey, and next 8 ingredients (through garlic) in a large bowl. Shape into 46 (1-inch) meatballs.
- ☐ Spread 2 tablespoons oil over bottom of a jelly-roll pan; arrange meatballs in a single layer, and turn lightly to coat.
- ☐ Bake 15 minutes or until done, turning once. While hot, sprinkle with remaining herbs.
- ☐ Serve hot or at room temperature with Yogurt-Cucumber Dip.

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:2.17, Inflammation Score:-3, Nutrition Score:6.0586955832398%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 90.13kcal (4.51%), Fat: 3.82g (5.88%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.08g (1.48%), Sugar: 1.02g (1.13%), Cholesterol: 18.71mg (6.24%), Sodium: 287.04mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin K: 21.92µg (20.88%), Vitamin B3: 3.61mg (18.07%), Vitamin B6: 0.33mg (16.32%), Selenium: 10.27µg (14.67%), Phosphorus: 93.23mg (9.32%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.72mg (4.83%), Manganese: 0.09mg (4.7%), Iron: 0.84mg (4.69%), Potassium: 162.36mg (4.64%), Magnesium: 16.77mg (4.19%), Vitamin B1: 0.06mg (3.95%), Vitamin C: 3.25mg (3.94%), Vitamin B5: 0.37mg (3.69%), Folate: 13.76µg (3.44%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.18µg (2.99%), Vitamin A: 132.27IU (2.65%), Fiber: 0.65g (2.59%), Calcium: 25.09mg (2.51%), Copper: 0.04mg (2.25%)