

Fast and Friendly Meatballs

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 20 ounce pd of ground turkey
- 0.3 cup seasoned bread crumbs italian
- 2 tablespoons olive oil

Equipment

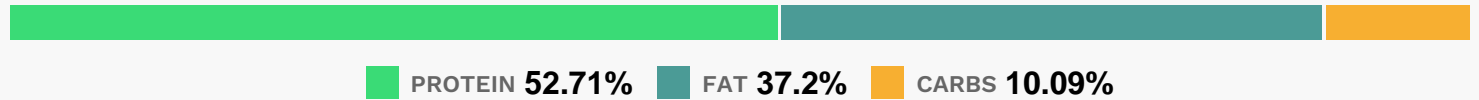
- bowl
- oven
- baking pan

ice cream scoop

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish with the olive oil, and place it in the oven while preheating.
- In a medium bowl, mix together the ground turkey, egg, and bread crumbs using your hands. Using an ice cream scoop if possible, form the meat into golf ball sized meatballs.
- Place about 1 inch apart in the hot baking dish. Press down to flatten the bottom just slightly.
- Bake for 15 minutes in the preheated oven, then turn them over, and continue baking for about 5 more minutes, or until somewhat crispy on the outside.
- Serve with pasta and sauce or however you'd like.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6782608294617%

Nutrients (% of daily need)

Calories: 61.04kcal (3.05%), Fat: 2.52g (3.88%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.14g (0.15%), Cholesterol: 26.44mg (8.81%), Sodium: 49.26mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Vitamin B3: 3.2mg (15.98%), Vitamin B6: 0.28mg (13.9%), Selenium: 8.26µg (11.8%), Phosphorus: 80.28mg (8.03%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.19µg (3.17%), Vitamin B2: 0.05mg (3.15%), Potassium: 101.45mg (2.9%), Vitamin B1: 0.04mg (2.79%), Magnesium: 10.45mg (2.61%), Iron: 0.4mg (2.24%), Vitamin K: 1.97µg (1.87%), Vitamin E: 0.28mg (1.85%), Folate: 6.31µg (1.58%), Copper: 0.03mg (1.27%), Manganese: 0.02mg (1.22%), Vitamin D: 0.17µg (1.17%)