

DINNER

Florentine Meatballs

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	20 min	10 min	4	\$1.74	646 kcal



Florentine Meatballs might be just the main course you are searching for. This recipe serves 4. One portion of this dish contains approximately 24g of protein, 33g of fat, and a total of 646 calories. For \$1.74 per serving, this recipe covers 53% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¾ cup bread crumbs, 3 handfuls

☐ 1 cup chicken stock

☐ 1 large egg

☐ 1 box frozen spinach, defrosted in the microwave

☐ 10 ounce sack shredded provolone or blend of Italian cheeses, available on dairy aisle

☐ 1¾ cups milk, divided
- ☐ 2 tablespoons butter

☐ 4 servings Coarse salt and black pepper

☐ 2 tablespoons all-purpose flour

☐ 3 cloves garlic, chopped

☐ 1 package 1/3 pound ground turkey breast

☐ ½ teaspoon freshly grated nutmeg, eyeball it

☐ 4 servings Extra-virgin olive oil, for drizzling

☐ 1 medium onion, finely chopped, divided

☐ ½ cup grated Parmigiano-Reggiano, 2 palm fulls

☐ ¼ cup parsley leaves, chopped

EQUIPMENT Bowl, Baking sheet, Oven, Whisk, Pot, Kitchen towels

Method

- 1 Preheat oven to 400 degrees F.
- 2 Wring defrosted spinach dry in a clean kitchen towel.
- 3 Place turkey in a bowl and make a well in the middle of it.
- 4 Add the spinach, all but 3 tablespoons of the onion, all of the garlic, 1 large egg, about 1/4 cup milk, bread crumbs, grated Parmesan, salt and pepper.
- 5 Mix well. Form into 12 large balls and drizzle with extra-virgin olive oil. Arrange on a nonstick cookie sheet and roast 20 minutes, or until cooked through.
- 6 While balls are in the oven, heat a small sauce pot over medium heat.
- 7 Add a drizzle of extra-virgin olive oil and 2 tablespoons butter. Melt butter, add remaining finely chopped onion and cook 2 minutes then whisk in flour. Cook flour 1 minute, then whisk in 1 1/2 cups milk and 1 cup stock. Bring liquid up to a boil then stir in shredded provolone or blended Italian cheeses. Season the sauce with salt, pepper and nutmeg, turn heat to lowest setting.
- 8 Place 3 balls on dinner plates and top with sauce, garnish with parsley.

Nutrition per serving

646
KCAL

24 g
PROTEIN

33 g
FAT

81 g
CARBS

Saturated Fat	11.6 g · 73% of daily needs
Fibre	33.9 g · 136% of daily needs
Sugar	12.2 g · 14% of daily needs
Sodium	806 mg · 35% of daily needs
Cholesterol	84.8 mg · 28% of daily needs
Vitamin C	13.4 mg · 16% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/florentine-meatballs-147833