



Herbed turkey meatballs

READY IN



30 min.

SERVINGS



5

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g breadcrumbs
- ☐ 75 ml milk
- ☐ 350 g ground meat turkey
- ☐ 2 tsp oregano dried
- ☐ 1 small bunch flat parsley chopped
- ☐ 2 tsp olive oil
- ☐ 680 g onion
- ☐ 4 tsp sugar
- ☐ 500 g soup noodles

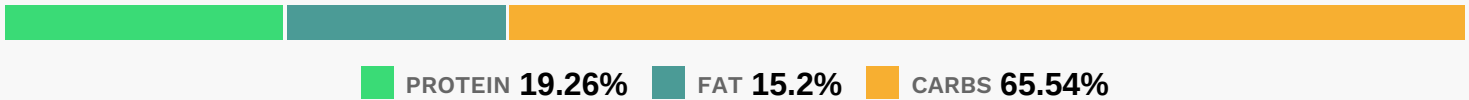
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tip the crumbs into a large bowl, then stir in the milk until the crumbs have absorbed the liquid.
- ☐ Add the mince, 1 tsp oregano and half the parsley, then season and mix with a fork. Use wet hands to shape into 30 meatballs.
- ☐ Heat the oil in a large non-stick pan, then brown the meatballs for 5 mins, turning to cook all over.
- ☐ Pour in the passata, sugar, remaining oregano and most of the remaining parsley. Stir well, then simmer for 8-10 mins until the meatballs are just cooked through.
- ☐ Meanwhile, cook the pasta according to pack instructions. Season the sauce, spoon the meatballs and sauce over the pasta, then sprinkle over any remaining parsley.

Nutrition Facts



Properties

Glycemic Index:42.82, Glycemic Load:35.56, Inflammation Score:-9, Nutrition Score:29.961739208387%

Flavonoids

Apigenin: 24.58mg, Apigenin: 24.58mg, Apigenin: 24.58mg, Apigenin: 24.58mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 6.81mg, Isorhamnetin: 6.81mg, Isorhamnetin: 6.81mg, Isorhamnetin: 6.81mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 27.64mg, Quercetin: 27.64mg, Quercetin: 27.64mg, Quercetin: 27.64mg

Nutrients (% of daily need)

Calories: 641.69kcal (32.08%), Fat: 10.81g (16.63%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 97.94g (35.61%), Sugar: 13.71g (15.24%), Cholesterol: 53.66mg (17.89%), Sodium: 196.69mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.65%), Vitamin K: 194.33µg (185.08%), Selenium: 81.82µg (116.89%), Manganese: 1.31mg (65.46%), Phosphorus: 414.89mg (41.49%), Vitamin B3: 6.98mg

(34.88%), Vitamin C: 25.24mg (30.6%), Vitamin B6: 0.6mg (29.9%), Fiber: 6.96g (27.84%), Zinc: 3.86mg (25.76%), Vitamin B1: 0.38mg (25.57%), Magnesium: 98.11mg (24.53%), Copper: 0.48mg (24.11%), Iron: 4.21mg (23.38%), Folate: 85.96µg (21.49%), Vitamin A: 1051.46IU (21.03%), Potassium: 699.5mg (19.99%), Vitamin B2: 0.33mg (19.51%), Vitamin B12: 0.98µg (16.38%), Vitamin B5: 1.5mg (15.02%), Calcium: 144.4mg (14.44%), Vitamin E: 0.71mg (4.74%), Vitamin D: 0.45µg (3%)