



How to Make Turkey Cocktail Meatballs

READY IN



35 min.

SERVINGS



32

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs plain
- 1 pinch ground pepper
- 0.5 cup chicken broth
- 1 large eggs beaten
- 0.5 teaspoon garlic salt
- 0.5 teaspoon pepper black
- 32 servings pepper black to taste
- 1.3 pounds pd of ground turkey
- 0.3 cup milk

- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 0.5 cup orange marmalade
- 0.3 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 cup roasted cranberry sauce canned
- 0.3 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet

Directions

- Mix the turkey, poultry seasoning, garlic salt, onion powder, salt, pepper, Worcestershire sauce, and cayenne pepper together in a bowl. Stir in the egg, milk, and bread crumbs. Cover with plastic and refrigerate for 1 hour.
- Heat olive oil in skillet over medium heat.
- Roll the turkey mixture into balls, about one tablespoon each.
- Place the meatballs in a single layer in the skillet. Brown meatballs on all sides, flipping occasionally.
- Place browned meatballs on a clean baking sheet. Set aside.
- Combine cranberry sauce, marmalade, and chicken broth over medium heat in the skillet used to cook the meatballs. Stir in the jalapeno and Fresno peppers, then return meatballs to skillet. Reduce heat to medium-low, and continue to cook until the meatballs are no longer pink in the center and glaze is reduced. Season with salt and pepper.

Nutrition Facts



PROTEIN 30.71% FAT 15.97% CARBS 53.32%

Properties

Glycemic Index:4.19, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.4478260926578%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 60.83kcal (3.04%), Fat: 1.11g (1.71%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.01g (6.68%), Cholesterol: 15.86mg (5.29%), Sodium: 150.89mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin B3: 1.86mg (9.29%), Vitamin B6: 0.16mg (8.05%), Selenium: 4.95µg (7.08%), Phosphorus: 49.19mg (4.92%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.04mg (2.4%), Manganese: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.12%), Vitamin B12: 0.12µg (2.02%), Vitamin B5: 0.2mg (2%), Potassium: 68.49mg (1.96%), Iron: 0.32mg (1.77%), Magnesium: 6.94mg (1.73%), Copper: 0.03mg (1.27%), Vitamin E: 0.18mg (1.22%), Folate: 4.59µg (1.15%), Calcium: 10.25mg (1.03%), Fiber: 0.25g (1.01%)