



Italian-Style Turkey Meatball Skewers

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 inch bamboo skewers
- ☐ 6 slices roman meal bread toasted
- ☐ 18 cherry tomatoes cut in half
- ☐ 2 egg whites
- ☐ 0.5 cup basil fresh chopped
- ☐ 36 basil leaves fresh
- ☐ 2 teaspoons garlic chopped
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 pound pd of ground turkey lean
- ☐ 2 cups tomatoes prepared
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup sun-dried tomatoes diced packed in oil,
- ☐ 1 small onion diced white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat oven to 375 degrees F. Foil-line one baking sheet.
- ☐ Break bread slices into pieces; place in blender or food processor. Process until finely ground into crumbs.
- ☐ Remove 3/4 cup, reserve remaining bread crumbs.
- ☐ Combine turkey, 3/4 cup bread crumbs, egg whites, onion, chopped basil, sun dried tomatoes, garlic, pepper and salt in medium bowl. Divide turkey mixture into 36, 1-inch balls; roll in remaining bread crumbs.
- ☐ Place on baking sheet.
- ☐ Bake 25 to 30 minutes, until cooked through.
- ☐ Remove from oven.
- ☐ Assemble meatballs, basil leaves and tomatoes on skewers.
- ☐ Serve with prepared marinara sauce.

Nutrition Facts



 PROTEIN **43.81%**  FAT **13.14%**  CARBS **43.05%**

Properties

Glycemic Index:32.89, Glycemic Load:4.76, Inflammation Score:-5, Nutrition Score:9.8013043921927%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 107.45kcal (5.37%), Fat: 1.63g (2.5%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 10.18g (3.7%), Sugar: 4.06g (4.51%), Cholesterol: 20.79mg (6.93%), Sodium: 389.97mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Vitamin B3: 5.24mg (26.18%), Vitamin B6: 0.43mg (21.27%), Selenium: 14µg (20%), Manganese: 0.33mg (16.53%), Phosphorus: 134.9mg (13.49%), Vitamin C: 10.59mg (12.84%), Vitamin K: 12.76µg (12.15%), Potassium: 413.13mg (11.8%), Iron: 1.67mg (9.28%), Vitamin A: 447.81IU (8.96%), Vitamin B2: 0.14mg (8.49%), Magnesium: 32.34mg (8.09%), Copper: 0.16mg (7.81%), Vitamin B1: 0.12mg (7.8%), Fiber: 1.8g (7.2%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.68mg (6.8%), Folate: 26.32µg (6.58%), Vitamin E: 0.81mg (5.39%), Calcium: 36.48mg (3.65%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.15µg (1.01%)