



Italian Turkey Meatballs

READY IN



45 min.

SERVINGS



30

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup bread crumbs dry italian
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds pd of ground turkey lean
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 0.3 cup parmesan cheese shredded

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons buttery spread organic softened melt®
- ☐ 0.3 cup tomato sauce

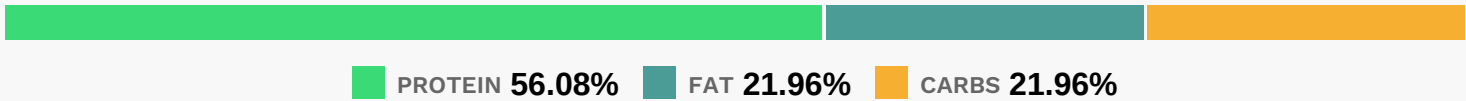
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 400 degrees.
- ☐ Combine all the ingredients together except for the Melt®; stir well in a bowl. Form around 30 balls out of the mixture.
- ☐ Put them on a broiler pan coated with the melted Melt.
- ☐ Bake around 15 minutes or until a cut meatball shows no pink inside.
- ☐ Serve with pasta and sauce or place on a sandwich.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:3.8539130273073%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.01kcal (2.15%), Fat: 1.06g (1.63%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.99g (0.72%), Sugar: 0.26g (0.29%), Cholesterol: 13.04mg (4.35%), Sodium: 74.77mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Vitamin K: 14.5µg (13.81%), Vitamin B3: 2.42mg

(12.12%), Vitamin B6: 0.21mg (10.53%), Selenium: 6.03µg (8.61%), Phosphorus: 64.03mg (6.4%), Zinc: 0.49mg (3.27%), Iron: 0.56mg (3.11%), Manganese: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.72%), Potassium: 90.92mg (2.6%), Magnesium: 10.34mg (2.59%), Calcium: 24.99mg (2.5%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.13µg (2.23%), Vitamin A: 108.36IU (2.17%), Folate: 6.96µg (1.74%), Fiber: 0.4g (1.6%), Vitamin E: 0.23mg (1.5%), Copper: 0.03mg (1.39%), Vitamin C: 1.14mg (1.38%)