



 **100%**
HEALTH SCORE

Italian Turkey Meatballs With Mostaccioli

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs italian
- 14.5 oz canned tomatoes diced italian-style undrained canned
- 2 eggs beaten
- 9 oz spinach frozen thawed
- 2 garlic clove minced
- 2 lb pd of ground turkey
- 16 oz mostaccioli pasta (tube-shaped uncooked)
- 0.3 cup parmesan fresh grated

- 1 serving parmesan fresh shredded
- 28 oz pasta sauce
- 1 teaspoon sugar
- 6 slices at least of turkey bacon crumbled cooked

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F. In large bowl, combine spinach, cooked bacon, ground turkey, bread crumbs, 1/4 cup Parmesan cheese, garlic and eggs; mix well. Shape into 1 1/2-inch meatballs; place in ungreased 15x10x1-inch baking pan.
- Bake at 350F. for 18 to 22 minutes or until browned and thoroughly cooked.
- Meanwhile, cook mostaccioli to desired doneness as directed on package.
- Drain.
- In large saucepan, combine spaghetti sauce, tomatoes and sugar; cook until thoroughly heated.
- Serve hot meatballs and sauce over mostaccioli.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:279.09, Glycemic Load:162.01, Inflammation Score:-10, Nutrition Score:93.04347826087%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 4101.53kcal (205.08%), Fat: 79.87g (122.88%), Saturated Fat: 26g (162.47%), Carbohydrates: 490.84g (163.61%), Net Carbohydrates: 445.44g (161.98%), Sugar: 69.95g (77.73%), Cholesterol: 946.03mg (315.34%), Sodium: 8503.29mg (369.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 365.31g (730.62%), Vitamin K: 1006.22µg (958.3%), Selenium: 592.05µg (845.78%), Vitamin A: 35371.36IU (707.43%), Vitamin B3: 118.56mg (592.8%), Vitamin B6: 10.89mg (544.64%), Phosphorus: 4472.65mg (447.27%), Manganese: 8.49mg (424.61%), Potassium: 8819.23mg (251.98%), Magnesium: 991.58mg (247.89%), Zinc: 33.08mg (220.56%), Copper: 4.3mg (215.06%), Vitamin B2: 3.65mg (214.48%), Iron: 38.45mg (213.6%), Folate: 788.68µg (197.17%), Fiber: 45.4g (181.61%), Vitamin E: 27.08mg (180.55%), Vitamin B1: 2.61mg (174.11%), Vitamin B5: 15.85mg (158.55%), Calcium: 1569.67mg (156.97%), Vitamin C: 109.29mg (132.47%), Vitamin B12: 6.66µg (110.93%), Vitamin D: 6µg (40%)