



Italian Turkey Meatballs With Mostaccioli

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 28 oz pasta sauce
- ☐ 1 teaspoon sugar
- ☐ 6 slices at least of turkey bacon crumbled cooked

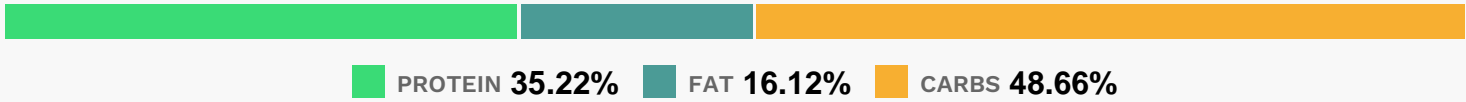
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. 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 350°F. 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:252.09, Glycemic Load:161.75, Inflammation Score:-10, Nutrition Score:93%

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: 3983.93kcal (199.2%), Fat: 72.12g (110.96%), Saturated Fat: 21.07g (131.7%), Carbohydrates: 489.87g (163.29%), Net Carbohydrates: 444.47g (161.63%), Sugar: 69.71g (77.46%), Cholesterol: 925.63mg (308.54%), Sodium: 8022.69mg (348.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 354.59g (709.17%), Vitamin K: 1005.71µg (957.82%), Selenium: 585.3µg (836.14%), Vitamin A: 35137.06IU (702.74%), Vitamin B3: 118.48mg (592.39%), Vitamin B6: 10.87mg (543.28%), Phosphorus: 4264.45mg (426.45%), Manganese: 8.49mg (424.31%), Potassium: 8791.63mg (251.19%), Magnesium: 978.38mg (244.59%), Zinc: 32.26mg (215.06%), Copper: 4.29mg (214.58%), Iron: 38.2mg (212.23%), Vitamin B2: 3.55mg (208.62%), Folate: 786.58µg (196.65%), Fiber: 45.4g (181.61%), Vitamin E: 27.02mg (180.11%), Vitamin B1: 2.6mg (173.33%), Vitamin B5: 15.72mg (157.19%), Vitamin C: 109.29mg (132.47%), Calcium: 1214.47mg (121.45%), Vitamin B12: 6.3µg (104.93%), Vitamin D: 5.85µg (39%)