



Mini Meatballs with Raspberry-Balsamic Barbecue Sauce

READY IN



75 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces ground turkey meat dark
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup breadcrumbs plain
- ☐ 1 large eggs at room temperature
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons brown sugar packed

- ☐ 0.8 cup catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 2 large to 3 mangoes pitted peeled cut into thirty six 3/4-inch cubes
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion finely chopped
- ☐ 0.3 cup parmesan finely grated
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 leaves thirty six 1-inch pieces torn radicchio
- ☐ 2 cups raspberries unsweetened frozen thawed
- ☐ 0.7 cup raspberry jam seedless
- ☐ 8 ounces spicy turkey sausage links italian
- ☐ 1 teaspoon paprika smoked
- ☐ 1.5 teaspoons tomato paste
- ☐ 2 tablespoons milk whole
- ☐ 1 tablespoon worcestershire sauce

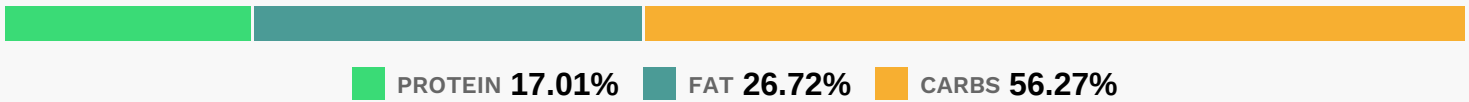
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ For the meatballs: In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, tomato paste, garlic, salt, pepper, egg, garlic and onions. Using a wooden spoon, stir to blend.
- ☐ Add the ground turkey and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined. Using a tablespoon measure, form the meat mixture into 1 to 1 1/4-inch balls (about 36 meatballs).
- ☐ In a large nonstick skillet, heat the olive oil over medium-high heat. Working in batches, add the meatballs and cook, turning occasionally, until well browned on all sides and cooked through, 10 to 12 minutes.
- ☐ Drain on paper towels.
- ☐ For the sauce: In a food processor or blender, blend together the raspberries, ketchup, jam, sugar, vinegar, Worcestershire sauce, paprika, salt, pepper and lemon zest until smooth.
- ☐ Pour the sauce into a heavy medium saucepan. Bring to a simmer over medium heat. Cook until slightly thickened, 6 to 7 minutes.
- ☐ Remove the pan from the heat and cool for 10 minutes.
- ☐ Pour into a small serving bowl.
- ☐ Thread 1 meatball, 1 mango cube and 1 piece of radicchio leaf onto each skewer. Arrange the meatballs on a platter and serve the barbecue sauce alongside for dipping.

Nutrition Facts



Properties

Glycemic Index:83.13, Glycemic Load:20.54, Inflammation Score:-8, Nutrition Score:22.122174014216%

Flavonoids

Cyanidin: 18.59mg, Cyanidin: 18.59mg, Cyanidin: 18.59mg, Cyanidin: 18.59mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 2.89mg,

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 466.88kcal (23.34%), Fat: 14.21g (21.86%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 67.31g (22.44%), Net Carbohydrates: 61.89g (22.5%), Sugar: 45.83g (50.92%), Cholesterol: 75.26mg (25.09%), Sodium: 1146.16mg (49.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Vitamin C: 56.13mg (68.03%), Vitamin K: 37.53µg (35.74%), Vitamin B3: 6.97mg (34.84%), Selenium: 24.37µg (34.81%), Vitamin B6: 0.69mg (34.46%), Iron: 5.76mg (32%), Vitamin A: 1401.15IU (28.02%), Phosphorus: 266.96mg (26.7%), Manganese: 0.53mg (26.55%), Fiber: 5.43g (21.7%), Vitamin B2: 0.34mg (19.71%), Vitamin E: 2.78mg (18.54%), Folate: 69.29µg (17.32%), Potassium: 601.79mg (17.19%), Copper: 0.3mg (14.98%), Zinc: 2.23mg (14.84%), Magnesium: 54.04mg (13.51%), Calcium: 134.07mg (13.41%), Vitamin B1: 0.2mg (13.09%), Vitamin B5: 1.18mg (11.78%), Vitamin B12: 0.54µg (8.97%), Vitamin D: 0.39µg (2.62%)