



Mini Turkey Meatballs with Wagon Wheel Pasta

READY IN



35 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon fennel powder crushed
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 pounds pd of ground turkey 97% lean
- ☐ 0.3 cup milk 1% low-fat

- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup parmesan fresh finely grated
- ☐ 12 ounces soup noodles uncooked
- ☐ 25.5 ounce pasta sauce organic
- ☐ 0.5 cup water
- ☐ 0.5 cup bread crumbs fresh whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions, omitting salt and fat.
- ☐ Drain and place in a large bowl; keep warm.
- ☐ While pasta cooks, combine breadcrumbs and milk.
- ☐ Let stand 5 minutes; squeeze out excess milk, and place in a large bowl.
- ☐ Add turkey, parsley, basil, 1 tablespoon oil, and next 5 ingredients (through garlic). Gently shape meat mixture into 48 (1-inch) balls (do not pack).
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Add half of meatballs to pan. Cook 1 to 2 minutes on each side or until browned.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining meatballs. Return all meatballs to pan. Stir in 1/2 cup water, scraping pan to loosen browned bits. Stir in pasta sauce; cook, uncovered, over medium-high heat for an additional 3 minutes.
- ☐ Pour over pasta, tossing to coat.
- ☐ Sprinkle with cheese.
- ☐ Kids Can Help: With clean hands, kids can shape the meatballs.

Nutrition Facts



 PROTEIN **30.57%**  FAT **20.01%**  CARBS **49.42%**

Properties

Glycemic Index:35.38, Glycemic Load:14.45, Inflammation Score:-6, Nutrition Score:18.470434738242%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 340.3kcal (17.02%), Fat: 7.74g (11.91%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 39.47g (14.35%), Sugar: 5.01g (5.57%), Cholesterol: 43.6mg (14.53%), Sodium: 752.75mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.2%), Selenium: 44.76µg (63.94%), Manganese: 1mg (50.22%), Vitamin B3: 8.55mg (42.76%), Vitamin B6: 0.78mg (38.9%), Phosphorus: 319.09mg (31.91%), Potassium: 600.87mg (17.17%), Magnesium: 61.96mg (15.49%), Zinc: 2.28mg (15.17%), Iron: 2.64mg (14.65%), Vitamin K: 14.92µg (14.21%), Fiber: 3.55g (14.18%), Copper: 0.28mg (13.96%), Vitamin E: 1.95mg (12.98%), Vitamin B5: 1.15mg (11.5%), Calcium: 113.83mg (11.38%), Vitamin B2: 0.19mg (11.3%), Vitamin A: 530.27IU (10.61%), Vitamin C: 8.65mg (10.48%), Vitamin B12: 0.48µg (8.02%), Vitamin B1: 0.11mg (7.52%), Folate: 23.3µg (5.83%), Vitamin D: 0.4µg (2.64%)