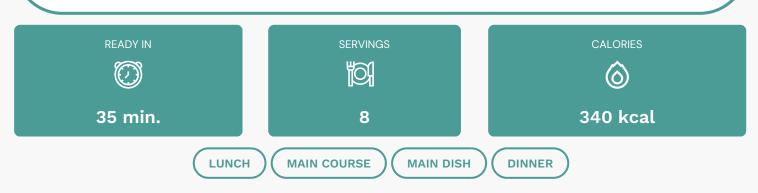


# Mini Turkey Meatballs with Wagon Wheel Pasta



### 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**

#### **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, Kaempferol: 0.01mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 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: Og (100%), Alcohol %: O% (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: 530.27lU (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%)