

# Mozzarella-Stuffed Pesto Turkey Meatballs

READY IN



70 min.

SERVINGS



36

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup breadcrumbs italian-style
- 1 eggs
- 0.5 cup parsley fresh chopped
- 1 pound mozzarella fresh cut into small cubes
- 4 garlic clove minced
- 2 teaspoons pepper fresh black
- 3 pounds pd of ground turkey
- 48 ounce tomatoes
- 0.3 cup milk

- 3 tablespoons olive oil extra virgin extra-virgin
- 1 cup onion finely chopped
- 0.5 cup parmesan grated
- 0.3 cup basil pesto prepared
- 1 tablespoon salt

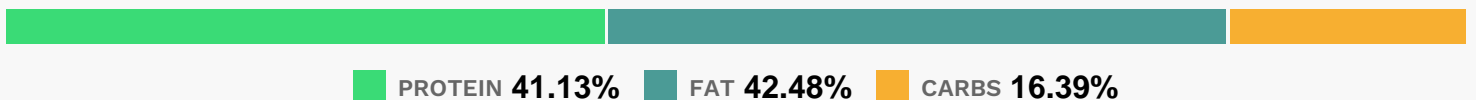
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Place the ground turkey, onion, garlic, egg, bread crumbs, Parmigiano-Reggiano cheese, parsley, pesto, milk, salt, and black pepper in a bowl.
- Mix until evenly blended, then form into 1 3/4-inch meatballs. Make a hole in the meatball with your finger and place a cheese cube in the hole. Seal the meatball around the cheese and place on a nonstick baking sheet.
- Drizzle the olive oil over the meatballs.
- Bake in the preheated oven until the meatballs are no longer pink in the center, about 30 minutes.
- Heat the marinara sauce in a saucepan over low heat. Bring to a simmer, and place the baked meatballs in the marinara sauce for about 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:8.1969565049462%

## Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## **Nutrients (% of daily need)**

Calories: 129.1kcal (6.45%), Fat: 6.17g (9.5%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.01g (2.24%), Cholesterol: 36.58mg (12.19%), Sodium: 534.68mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin B3: 4.28mg (21.41%), Vitamin B6: 0.38mg (19.21%), Selenium: 12.27µg (17.54%), Phosphorus: 161.79mg (16.18%), Vitamin K: 16.15µg (15.38%), Calcium: 100.93mg (10.09%), Vitamin B12: 0.53µg (8.79%), Zinc: 1.24mg (8.29%), Vitamin A: 384.13IU (7.68%), Vitamin B2: 0.13mg (7.48%), Potassium: 258.7mg (7.39%), Magnesium: 22.54mg (5.64%), Iron: 0.98mg (5.46%), Vitamin B5: 0.53mg (5.27%), Vitamin E: 0.79mg (5.27%), Manganese: 0.1mg (5.1%), Vitamin C: 4.19mg (5.08%), Vitamin B1: 0.07mg (4.72%), Copper: 0.08mg (4.07%), Fiber: 0.87g (3.47%), Folate: 13.33µg (3.33%), Vitamin D: 0.25µg (1.68%)