



## My Very Own Turkey Meatballs and Gravy

READY IN



60 min.

SERVINGS



3

CALORIES



541 kcal

SAUCE

### Ingredients

- 0.1 teaspoon suya seasoning mix (Spice Island Seasoning)
- 1 teaspoon suya seasoning mix (Spice Island Seasoning)
- 1 teaspoon basil
- 1 teaspoon butter
- 0.5 teaspoon catsup
- 10 ounce cream of mushroom soup canned
- 1 eggs slightly beaten
- 1 tablespoon garlic minced chopped
- 1 dash garlic powder

- 0.3 cup bell pepper green chopped fine
- 1 lb pd of ground turkey
- 2 tablespoons olive oil
- 0.5 cup onion chopped fine
- 3 servings salt and pepper to taste
- 10 saltines crumbled
- 1 teaspoon lawry's seasoned salt
- 2 tablespoons cream sour
- 1 tablespoon teriyaki sauce
- 1 tablespoon teriyaki sauce
- 0.3 teaspoon thyme leaves
- 6 ounces water
- 0.3 cup whipping cream (for richness)
- 2 tablespoons whipping cream
- 1 tablespoon worcestershire sauce
- 1 teaspoon worcestershire sauce

## Equipment

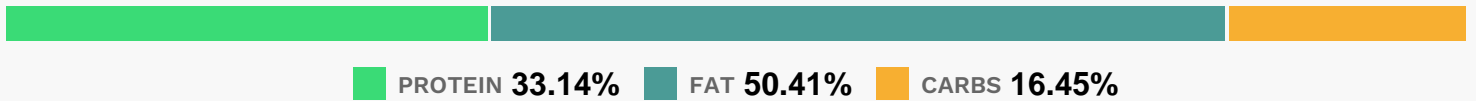
- bowl
- frying pan
- sauce pan
- grill

## Directions

- In large frying pan, add oil and butter over medium heat. In a large bowl add turkey, minced garlic, onion, and green pepper; mix well.
- Add egg and stir well.
- Add in the dry ingredients (basil, thyme, seasoning salt, beau monde and salt and pepper).
- Add Worcestershire sauce, McCormick Grill Mates Teriyaki; mix well.

- Add the whipping cream and crackers. Shape into meatballs and place in hot oil. Brown on one side until lightly brown then turn meatballs over and cover with lid; cook for 15 minutes. Reduce heat to medium. Lift cover and stir meatballs and cover again for 15 minutes. Make sure you check the meatballs every few minutes so you don't burn them.
- Drain meatballs and place back into pan. In a sauce pan while browning the meatballs, combine mushroom soup, water, whipping cream, Worcestershire sauce, catsup, sour cream and garlic powder. Bring to a boil over medium to heat for 2 minutes.
- Serve with cooked noodles or rice.

## Nutrition Facts



### Properties

Glycemic Index: 82.33, Glycemic Load: 0.87, Inflammation Score: -7, Nutrition Score: 25.998260746831%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

### Nutrients (% of daily need)

Calories: 541.22kcal (27.06%), Fat: 30.63g (47.12%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 20.48g (7.45%), Sugar: 5.5g (6.11%), Cholesterol: 184.46mg (61.49%), Sodium: 2424.47mg (105.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.31g (90.61%), Vitamin B3: 16.63mg (83.14%), Vitamin B6: 1.51mg (75.38%), Selenium: 40.94µg (58.48%), Phosphorus: 474.31mg (47.43%), Manganese: 0.57mg (28.75%), Zinc: 4.24mg (28.27%), Vitamin B2: 0.45mg (26.19%), Potassium: 826.41mg (23.61%), Iron: 4.2mg (23.36%), Vitamin K: 22.2µg (21.14%), Vitamin B5: 1.99mg (19.91%), Copper: 0.38mg (19.16%), Magnesium: 76.34mg (19.09%), Vitamin B12: 1.13µg (18.82%), Vitamin C: 14.39mg (17.44%), Vitamin E: 2.47mg (16.48%), Vitamin B1: 0.23mg (15.57%), Vitamin A: 745.3IU (14.91%), Folate: 53.26µg (13.31%), Calcium: 102.8mg (10.28%), Vitamin D: 1.38µg (9.17%), Fiber: 2.02g (8.07%)