



## Orange Glazed Turkey Meatballs

READY IN



100 min.

SERVINGS



30

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bread crumbs plain
- 0.5 cup chicken broth
- 1 eggs
- 0.3 teaspoon ground pepper black mccormick®
- 1 pinch ground pepper red mccormick®
- 1 pound pd of ground turkey
- 0.3 cup milk
- 1 tablespoon olive oil
- 1 cup orange marmalade

- 0.5 teaspoon poultry seasoning mccormick®
- 1 teaspoon salt
- 1 tablespoon citrus champagne vinegar

## Equipment

- bowl
- frying pan

## Directions

- Beat egg and milk in large bowl. Stir in bread crumbs, salt, poultry seasoning and pepper.
- Add ground turkey; mix well. Cover. Refrigerate 1 hour. Shape into 1-inch meatballs.
- Heat oil in large skillet on medium heat.
- Place meatballs in single layer in skillet. Cook until well browned on all sides.
- Remove meatballs from skillet. Set aside.
- Mix orange marmalade, broth, vinegar and red pepper in skillet on medium heat. Bring to boil, stirring to release browned bits in bottom of skillet. Return meatballs to skillet. Reduce heat to medium-low; cook 10 minutes or until meatballs are cooked through and sauce has reduced to glaze consistency.

## Nutrition Facts



## Properties

Glycemic Index:3.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1282608625682%

## Nutrients (% of daily need)

Calories: 58.21kcal (2.91%), Fat: 1.07g (1.65%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.63g (7.37%), Cholesterol: 14.09mg (4.7%), Sodium: 121.83mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin B3: 1.61mg (8.03%), Vitamin B6: 0.14mg (6.9%), Selenium: 4.37µg (6.24%), Phosphorus: 42.97mg (4.3%), Vitamin B2: 0.04mg (2.22%), Zinc: 0.33mg (2.19%), Vitamin B1: 0.03mg (2%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.18mg (1.75%), Potassium: 58.59mg (1.67%), Magnesium: 5.96mg (1.49%), Iron: 0.27mg (1.48%), Manganese: 0.03mg (1.34%), Copper: 0.03mg (1.26%), Folate:

4.84µg (1.21%), Calcium: 11.77mg (1.18%)