



Penne with Turkey Meatballs

READY IN



40 min.

SERVINGS



6

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup bread crumbs dried plain
- 2 large eggs lightly beaten
- 0.3 cup flat-leaf parsley chopped
- 1 pound pd of ground turkey dark
- 0.3 cup olive oil extra-virgin
- 1 pound penne pasta dried
- 0.8 cup romano grated
- 6 servings salt and pepper black freshly ground
- 5 cups tomato sauce

- 2 tablespoons milk whole

Equipment

- bowl
- frying pan
- pot
- stove
- colander

Directions

- In a large bowl, add bread crumbs, eggs, milk, 1/2 cup Romano, parsley, salt and pepper and mix well.
- Add turkey and gently combine, being careful not to overwork the meat. Shape into golf-size balls.
- In a large skillet heat the oil over medium high heat. When almost smoking, add meatballs and without moving or turning the meat, allow it to brown for about 3 minutes. Turn meatballs and brown other side. Continue to cook until all sides are golden brown, about 8 minutes total.
- Add tomato sauce and bring to a boil. Lower heat and allow meatballs to simmer for 5 minutes. Turn off heat and keep warm on stove. Be careful not to over handle the meatballs since they are soft and fragile.
- In a large pot, bring to a boil 6 quarts of salted water.
- Add pasta and cook until al dente, about 8 minutes.
- Drain pasta in a colander. Do not rinse pasta with water since you want to retain the pasta's natural starches so that the sauce will cling to the penne.
- Remove meatballs from sauce and place in serving bowl.
- Pour some tomato sauce over meatballs, but leave about 2/3 cup of sauce in skillet.
- Place the cooked penne into the skillet with the remaining sauce and toss well.
- Pour sauced pasta in a large serving bowl.
- Serve alongside the meatballs.
- Sprinkle remaining Romano on top.

Nutrition Facts

PROTEIN 25% FAT 26.72% CARBS 48.28%

Properties

Glycemic Index:36, Glycemic Load:26.44, Inflammation Score:-8, Nutrition Score:30.306086934131%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 587.84kcal (29.39%), Fat: 17.6g (27.08%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 71.56g (23.85%), Net Carbohydrates: 65.77g (23.92%), Sugar: 9.98g (11.09%), Cholesterol: 117.18mg (39.06%), Sodium: 1220.95mg (53.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.1%), Selenium: 73.88µg (105.54%), Vitamin B3: 11.01mg (55.04%), Phosphorus: 511.7mg (51.17%), Vitamin K: 53.01µg (50.49%), Vitamin B6: 1.01mg (50.27%), Manganese: 0.98mg (49.09%), Vitamin E: 4.6mg (30.68%), Potassium: 1063.32mg (30.38%), Copper: 0.53mg (26.47%), Magnesium: 103.7mg (25.92%), Vitamin A: 1264.06IU (25.28%), Iron: 4.35mg (24.14%), Vitamin B2: 0.41mg (23.97%), Zinc: 3.5mg (23.31%), Fiber: 5.79g (23.17%), Vitamin C: 17.62mg (21.35%), Calcium: 207.43mg (20.74%), Vitamin B5: 1.99mg (19.85%), Vitamin B1: 0.22mg (14.92%), Folate: 55.37µg (13.84%), Vitamin B12: 0.72µg (11.94%), Vitamin D: 0.75µg (5.02%)