



## Salsa Turkey Meatballs

READY IN



60 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound pd of ground turkey
- 0.5 cup breadcrumbs plain
- 3 tablespoons milk
- 0.5 teaspoon salt
- 0.5 teaspoon worcestershire sauce
- 0.3 teaspoon pepper
- 0.3 cup onion chopped
- 1 eggs
- 16 oz salsa thick

- 2 medium spring onion thinly sliced

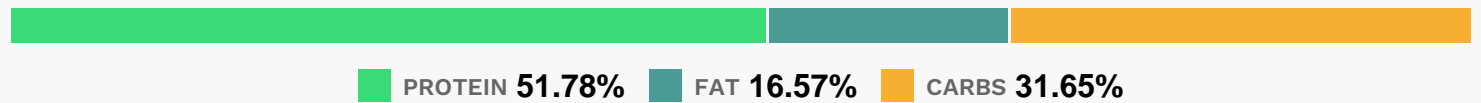
## Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer

## Directions

- Heat oven to 400°F.
- Mix all ingredients except salsa and green onions. Shape mixture into twenty 1 1/2-inch meatballs.
- Place in ungreased rectangular pan, 13x9x2 inches.
- Bake uncovered 20 to 25 minutes or until thermometer inserted in center of meatballs reads 165°F.
- In 2-quart saucepan, place salsa and meatballs.
- Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 15 minutes or until salsa and meatballs are hot.
- Sprinkle with green onions.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:19.694782692453%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 242.99kcal (12.15%), Fat: 4.58g (7.04%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 16.63g (6.05%), Sugar: 6.41g (7.13%), Cholesterol: 104.64mg (34.88%), Sodium: 1222.5mg (53.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.36%), Vitamin B3: 13.25mg (66.26%), Vitamin B6: 1.23mg (61.51%), Selenium: 33.18µg (47.4%), Phosphorus: 355.44mg (35.54%), Potassium: 728.63mg (20.82%), Vitamin K: 21.5µg (20.47%), Zinc: 2.66mg (17.71%), Vitamin B1: 0.26mg (17.38%), Vitamin B2: 0.29mg (16.79%), Vitamin B5: 1.53mg (15.32%), Magnesium: 61.19mg (15.3%), Manganese: 0.3mg (15.21%), Vitamin A: 726.54IU (14.53%), Iron: 2.38mg (13.22%), Vitamin B12: 0.78µg (13.07%), Fiber: 3.05g (12.18%), Vitamin E: 1.64mg (10.93%), Folate: 40µg (10%), Copper: 0.2mg (9.77%), Calcium: 89.09mg (8.91%), Vitamin C: 4.4mg (5.34%), Vitamin D: 0.8µg (5.32%)