



Salsa Turkey Meatballs

READY IN



60 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs plain
- 1 eggs
- 2 medium spring onion thinly sliced
- 1 pound pd of ground turkey
- 3 tablespoons milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 16 ounces salsa thick
- 0.5 teaspoon salt

0.5 teaspoon worcestershire sauce

Equipment

frying pan

sauce pan

oven

kitchen thermometer

Directions

Heat oven to 400F.

Mix all ingredients except salsa and green onions. Shape mixture into twenty 1 1/2-inch meatballs.

Place in ungreased rectangular pan, 13x9x2 inches.

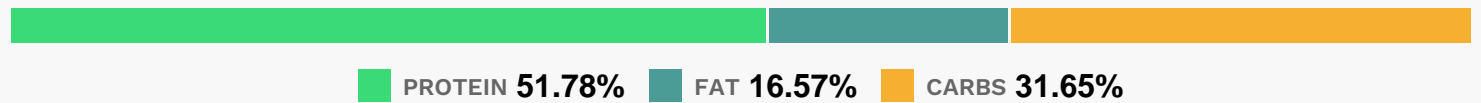
Bake uncovered 20 to 25 minutes or until thermometer inserted in center of meatballs reads 165F.

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%)