



Savory Turkey Meatball Salad

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples cut into matchlike sticks
- 5 oz baby arugula
- 0.3 cup balsamic vinaigrette dressing kraft
- 6 oz take classic four cheese recipe cheese breadcrumb mix mixed fresh
- 1 lb 3%-fat-free ground turkey
- 1 tsp sugar
- 0.3 cup planters walnuts chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 375F.
- Mix turkey and cheese mixture; shape into 28 (1-1/2-inch) balls.
- Place on rimmed baking sheet sprayed with cooking spray.
- Bake 20 min. or until done (165F). Meanwhile, cook and stir nuts in small skillet on medium heat 2 min.
- Add sugar; cook and stir 1 min. or until sugar is dissolved and nuts are evenly glazed.
- Combine arugula, apples, meatballs and nuts in large bowl.
- Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.8095652195423%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 40kcal (2%), Fat: 1.99g (3.06%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.74g (0.82%), Cholesterol: 7.47mg (2.49%), Sodium: 40.66mg (1.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin B3: 1.12mg (5.62%), Vitamin B6: 0.11mg (5.28%), Vitamin K: 3.98µg (3.79%), Selenium: 2.55µg (3.65%), Phosphorus: 30.61mg (3.06%), Manganese: 0.04mg (1.93%), Potassium: 63.6mg (1.82%), Vitamin A: 89.83IU (1.8%), Iron: 0.29mg (1.63%), Zinc: 0.24mg (1.6%), Magnesium: 6.34mg (1.58%), Folate: 5.2µg (1.3%), Vitamin B5: 0.12mg (1.22%), Fiber: 0.3g (1.18%), Copper: 0.02mg (1.11%), Vitamin B2: 0.02mg (1.01%)