



Spaghetti and Turkey Meatballs in Tomato Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup pinto beans canned rinsed drained
- 26 ounce canned tomatoes low-sodium crushed canned
- 1 large eggs lightly beaten
- 2 garlic cloves minced
- 1 pound pd of ground turkey lean
- 1 tablespoon olive oil
- 1 cup onion minced
- 0.5 cup parmesan finely grated

- 0.3 cup garnish: additional parsley
- 0.3 cup parsley chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup bread crumbs fresh whole-wheat
- 0.5 pound pasta like spaghetti whole-wheat

Equipment

- bowl
- sauce pan

Directions

- Cook spaghetti according to package directions; keep warm.
- Combine turkey, 1/2 cup Parmesan, 1/4 cup chopped parsley, bread crumbs, egg, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl. Form into 15 meatballs; set aside.
- Heat olive oil in a large saucepan over medium-high heat.
- Add onion; cook until soft (5 minutes).
- Add garlic; cook 2 minutes. Stir in tomatoes, pinto beans, 1/4 teaspoon each salt and pepper; bring to a boil.
- Add meatballs; return to a boil. Reduce heat and simmer over low until meatballs are cooked through and sauce has thickened (15 minutes). Divide spaghetti, meatballs, and sauce among 5 bowls.
- Garnish with additional parsley and 1/4 cup Parmesan.

Nutrition Facts

 **PROTEIN 32.17%**  **FAT 18.3%**  **CARBS 49.53%**

Properties

Glycemic Index:52.6, Glycemic Load:5.58, Inflammation Score:-9, Nutrition Score:35.976086865301%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 446.39kcal (22.32%), Fat: 9.61g (14.79%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 58.51g (19.5%), Net Carbohydrates: 52.81g (19.2%), Sugar: 8.55g (9.5%), Cholesterol: 93.9mg (31.3%), Sodium: 893.08mg (38.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Vitamin K: 109.13µg (103.93%), Manganese: 1.86mg (92.95%), Selenium: 59.71µg (85.3%), Vitamin B3: 13.19mg (65.93%), Vitamin B6: 1.21mg (60.51%), Phosphorus: 505.55mg (50.55%), Magnesium: 144.22mg (36.06%), Iron: 5.89mg (32.71%), Vitamin C: 25.6mg (31.04%), Copper: 0.62mg (31.04%), Vitamin B1: 0.44mg (29.08%), Potassium: 1000.67mg (28.59%), Zinc: 3.8mg (25.33%), Calcium: 229.56mg (22.96%), Fiber: 5.71g (22.82%), Folate: 81.14µg (20.28%), Vitamin B2: 0.34mg (19.83%), Vitamin B5: 1.97mg (19.72%), Vitamin A: 978.46IU (19.57%), Vitamin E: 2.68mg (17.9%), Vitamin B12: 0.67µg (11.19%), Vitamin D: 0.61µg (4.09%)