



## Spaghetti and Turkey Meatballs in Tomato Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound pd of ground turkey lean
- ☐ 1 cup pinto beans canned rinsed drained
- ☐ 26 ounce canned tomatoes low-sodium crushed canned
- ☐ 0.5 pound spaghetti whole-wheat cooked
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion minced

- ☐ 0.8 cup parmesan divided finely grated
- ☐ 0.3 cup parsley plus more for garnish chopped
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup bread crumbs fresh whole-wheat (from 1 slice bread)

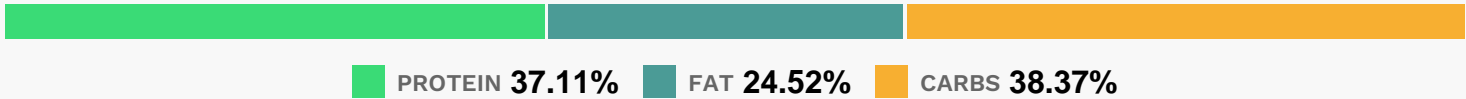
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Combine turkey, 1/2 cup cheese, parsley, breadcrumbs, egg, 1/2 teaspoon salt and 1/4 teaspoon pepper in a bowl, and form into 15 meatballs.
- ☐ Place meatballs on a plate and reserve.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and cook until soft, 5 minutes.
- ☐ Add garlic, and cook an additional 2 minutes.
- ☐ Add tomatoes, beans, and remaining salt and pepper; bring to a boil.
- ☐ Add meatballs; return to a boil. Reduce heat and simmer on low heat until meatballs are cooked through and sauce has thickened, 15 minutes.
- ☐ Divide spaghetti among 5 bowls, then divide meatballs and sauce among bowls.
- ☐ Garnish with additional parsley and remaining 1/4 cup cheese.

## Nutrition Facts



## Properties

Glycemic Index:57.8, Glycemic Load:11.4, Inflammation Score:-8, Nutrition Score:28.170869578486%

## Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 361.84kcal (18.09%), Fat: 10.38g (15.97%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 28.87g (10.5%), Sugar: 8.93g (9.92%), Cholesterol: 92.83mg (30.94%), Sodium: 967.55mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.68%), Vitamin K: 60.49µg (57.61%), Vitamin B6: 1.14mg (57.24%), Selenium: 39.1µg (55.86%), Vitamin B3: 11.16mg (55.78%), Manganese: 1.11mg (55.37%), Phosphorus: 459.63mg (45.96%), Fiber: 7.67g (30.69%), Calcium: 273.05mg (27.31%), Vitamin C: 21.61mg (26.2%), Potassium: 910.76mg (26.02%), Iron: 4.57mg (25.36%), Copper: 0.49mg (24.41%), Magnesium: 93.69mg (23.42%), Zinc: 3.18mg (21.22%), Vitamin E: 2.8mg (18.65%), Vitamin B2: 0.3mg (17.71%), Vitamin B1: 0.26mg (17.52%), Vitamin B5: 1.71mg (17.09%), Vitamin A: 760.22IU (15.2%), Folate: 52.79µg (13.2%), Vitamin B12: 0.72µg (12.02%), Vitamin D: 0.61µg (4.09%)