



Spaghetti with Turkey Meatballs

READY IN



65 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes thick crushed canned
- ☐ 1 pound pasta like spaghetti cooked
- ☐ 1 teaspoon basil dried
- ☐ 2 cloves garlic finely chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.8 pound pd of ground turkey dark lean recommended: 93 percent meat
- ☐ 0.5 pound turkey sausage italian
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated plus more for serving

- ☐ 2 tablespoons parsley leaves finely chopped
- ☐ 1 teaspoons pepper flakes red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sugar
- ☐ 6 servings vegetable oil for pan-frying
- ☐ 3 slices bread white
- ☐ 0.3 cup milk whole

Equipment

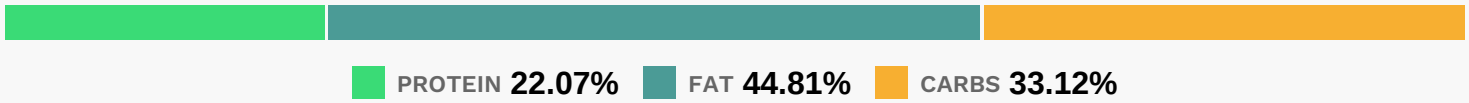
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ For the meatballs: Preheat vegetable oil over medium heat.
- ☐ In a medium bowl, soak the torn white bread with the milk.
- ☐ Let soak for 1minute then remove the bread and squeeze out the excess milk.
- ☐ In another bowl, add ground turkey, turkey sausage, Parmesan, parsley, garlic and salt and pepper.
- ☐ Add milk soaked bread and mix all ingredients gently. Form meat mixture into 1 1/2-inch meatballs.
- ☐ In a large heavy skillet, add meatballs and cook until golden brown on all sides.
- ☐ Remove the meatballs to a paper towel lined platter. Repeat in batches until there are no remaining meatballs.
- ☐ Add meatballs to the cooked sauce and add salt and pepper, to taste. Cook for 10 minutes.
- ☐ Heat olive oil in a large heavy bottomed saucepan.
- ☐ Add garlic and red pepper flakes and cook until fragrant.
- ☐ Add crushed tomatoes and let simmer for 15 minutes.

- ☐
- Add dried basil, sugar, salt and pepper.
- ☐
- Toss spaghetti and sauce with meatballs in a large serving bowl. Top with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:70.06, Glycemic Load:18.69, Inflammation Score:-7, Nutrition Score:25.350434697193%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 514.55kcal (25.73%), Fat: 26.09g (40.13%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 38.57g (14.03%), Sugar: 9.37g (10.41%), Cholesterol: 55.27mg (18.42%), Sodium: 692.21mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Selenium: 46.14µg (65.92%), Vitamin K: 60.98µg (58.07%), Vitamin B3: 9.51mg (47.56%), Vitamin B6: 0.93mg (46.43%), Iron: 7.58mg (42.1%), Phosphorus: 344.34mg (34.43%), Manganese: 0.67mg (33.39%), Vitamin C: 26.22mg (31.78%), Vitamin E: 3.76mg (25.04%), Copper: 0.43mg (21.36%), Potassium: 726.02mg (20.74%), Zinc: 2.88mg (19.22%), Fiber: 4.8g (19.21%), Magnesium: 75.53mg (18.88%), Vitamin B1: 0.25mg (16.95%), Vitamin B2: 0.28mg (16.25%), Calcium: 159.82mg (15.98%), Vitamin B5: 1.4mg (14.02%), Vitamin A: 615.35IU (12.31%), Folate: 46.95µg (11.74%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 0.36µg (2.4%)