



Spaghetti with Turkey Meatballs

 Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 oz canned tomatoes with basil crushed canned
- ☐ 1 large eggs
- ☐ 4 cloves garlic minced
- ☐ 1 pound pd of ground turkey 93% lean ()
- ☐ 1 tablespoon olive oil
- ☐ 6 tablespoons parmesan grated
- ☐ 20 servings salt

- ☐ 1.3 cups spring onion thinly sliced
- ☐ 2 cups zucchini grated (from 1 large zucchini)
- ☐ 0.3 cup frangelico crushed finely
- ☐ 13.3 oz frangelico
- ☐ 0.3 cup frangelico crushed finely

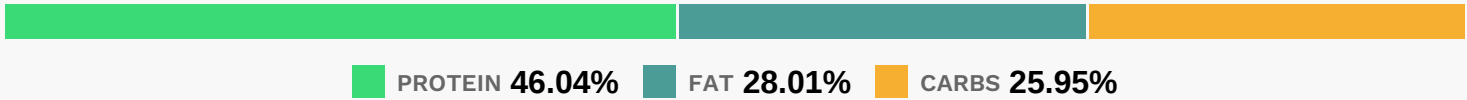
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Bring a pot of salted water to a boil. Line a rimmed baking sheet with foil, and mist with cooking spray.
- ☐ Mix turkey, zucchini, Triscuits, egg, pepper, half of scallions and half of garlic. Form into 30 1 1/2-inch meatballs; place on sheet.
- ☐ Bake 20 minutes.
- ☐ Warm oil in a 12-inch skillet over medium heat; saut remaining scallions and garlic for 1 minute. Stir in tomatoes and bring to a boil. Reduce heat and simmer, stirring often, until sauce thickens, 8 minutes. Stir in meatballs. Reduce heat to low.
- ☐ Add spaghetti to boiling water and cook until al dente, about 8 minutes.
- ☐ Drain; top with meatballs, sauce and Parmesan, and serve.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:6.0743479314058%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 58.87kcal (2.94%), Fat: 1.93g (2.98%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.23g (2.48%), Cholesterol: 22.79mg (7.6%), Sodium: 287.44mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Vitamin K: 16.12µg (15.35%), Vitamin B6: 0.29mg (14.56%), Vitamin B3: 2.79mg (13.93%), Selenium: 6.51µg (9.29%), Vitamin C: 7.23mg (8.77%), Phosphorus: 87.56mg (8.76%), Potassium: 240.76mg (6.88%), Manganese: 0.12mg (6.19%), Copper: 0.1mg (5.12%), Iron: 0.91mg (5.03%), Magnesium: 19.2mg (4.8%), Vitamin E: 0.69mg (4.62%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.65mg (4.35%), Fiber: 1.07g (4.26%), Calcium: 41.25mg (4.13%), Vitamin A: 203.66IU (4.07%), Vitamin B5: 0.39mg (3.89%), Folate: 15.26µg (3.81%), Vitamin B1: 0.06mg (3.71%), Vitamin B12: 0.16µg (2.6%)