



Spaghetti with Turkey Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup milk
- ☐ 1 eggs beaten
- ☐ 5 cloves garlic roughly chopped
- ☐ 2 cups bread crumbs italian
- ☐ 1 pound pd of ground turkey lean (93 percent)
- ☐ 0.3 cup olive oil divided
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper dried red hot chopped
- ☐ 1 tablespoon sea salt divided

- ☐ 8 pounds tomatoes cut into chunks
- ☐ 0.5 pound spaghetti whole-wheat

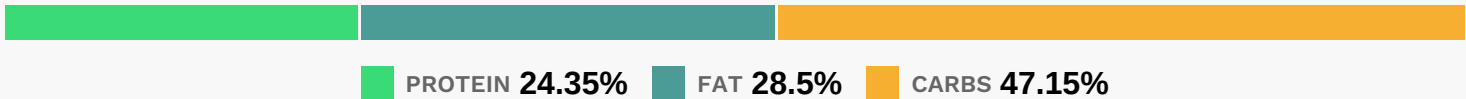
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. In a large baking dish, combine tomatoes, onion, 1/4 cup oil, garlic, pepper flakes (if desired) and 1 tablespoon salt; cover; roast 45 minutes.
- ☐ Remove dish from oven; mash mixture to break down tomatoes. Cook, uncovered, until sauce is thick and reduced, 45 minutes. In a bowl, soak bread in milk until it absorbs liquid, 10 minutes; add turkey, egg and remaining 1 teaspoon salt; mix until just combined. Gently roll meat mixture into 16 equal-sized balls. In a large nonstick saucepan, heat remaining 1 1/2 tablespoons oil over medium-high heat. Sauté meatballs, turning occasionally, until light brown, 5 minutes.
- ☐ Add tomato sauce to meatballs; reduce heat; simmer until cooked through, 20 minutes. Cook pasta as directed on package.
- ☐ Serve sauce over pasta; top with cheese, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:31.618260715319%

Flavonoids

Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 370.56kcal (18.53%), Fat: 12.41g (19.09%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 40.1g (14.58%), Sugar: 16.03g (17.81%), Cholesterol: 52.75mg (17.58%), Sodium: 971.58mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.71%), Vitamin A: 3903.27IU (78.07%), Vitamin C: 64.12mg (77.72%), Manganese: 1.45mg (72.43%), Selenium: 35.77µg (51.1%), Vitamin B3: 10.05mg (50.23%), Vitamin B6: 0.98mg (49.15%), Potassium: 1398.77mg (39.96%), Vitamin K: 40.17µg (38.26%), Phosphorus: 355.66mg (35.57%), Magnesium: 113.94mg (28.48%), Vitamin B1: 0.38mg (25.24%), Folate: 99.83µg (24.96%), Fiber: 6.09g (24.36%), Vitamin E: 3.58mg (23.84%), Copper: 0.45mg (22.41%), Zinc: 2.68mg (17.88%), Iron: 3.07mg (17.07%), Vitamin B2: 0.26mg (15.12%), Vitamin B5: 1.38mg (13.81%), Calcium: 98.08mg (9.81%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.58µg (3.87%)