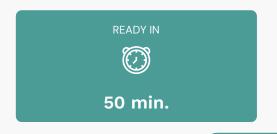
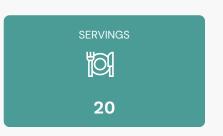


Spaghetti with Turkey Meatballs

Gluten Free







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

20 servings salt

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

	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		
	PROTEIN 46.04% FAT 28.01% CARBS 25.95%	

Properties

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg 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: Og (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%)