



Spaghetti with Turkey-Pesto Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



937 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup bread fresh italian crustless
- ☐ 1 egg whites
- ☐ 0.5 pound pd of ground turkey
- ☐ 2 cups pasta sauce
- ☐ 2.8 tablespoons basil pesto
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces pasta like spaghetti

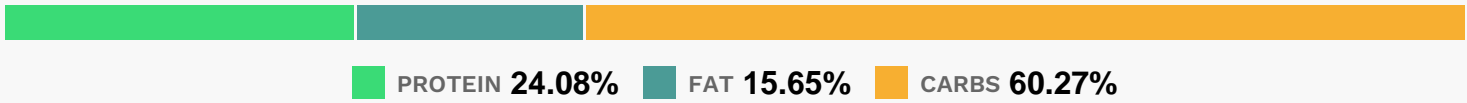
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Spread 1 cup pasta sauce over bottom of heavy medium skillet.
- ☐ Mix turkey, breadcrumbs, pesto, egg white and salt in medium bowl. Using moistened hands, form mixture into 8 meatballs.
- ☐ Place meatballs in single layer in sauce. Spoon remaining sauce over. Bring to simmer. Cover; reduce heat to medium-low and simmer until meatballs are cooked through, stirring occasionally, about 20 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain pasta; divide between bowls. Top with meatballs and sauce.

Nutrition Facts



Properties

Glycemic Index:72.83, Glycemic Load:60.88, Inflammation Score:-9, Nutrition Score:41.173043188841%

Nutrients (% of daily need)

Calories: 937.23kcal (46.86%), Fat: 16.33g (25.13%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 141.59g (47.2%), Net Carbohydrates: 130.4g (47.42%), Sugar: 17.6g (19.56%), Cholesterol: 64.02mg (21.34%), Sodium: 2154.01mg (93.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.57g (113.15%), Selenium: 126.75µg (181.07%), Manganese: 2.37mg (118.44%), Vitamin B3: 20.34mg (101.7%), Vitamin B6: 1.47mg (73.61%), Phosphorus: 654.59mg (65.46%), Fiber: 11.18g (44.73%), Iron: 8.03mg (44.6%), Magnesium: 167.77mg (41.94%), Potassium: 1464.66mg (41.85%), Copper: 0.81mg (40.51%), Vitamin B1: 0.6mg (39.76%), Vitamin B2: 0.64mg (37.4%), Zinc: 5.06mg (33.74%), Folate: 127.55µg (31.89%), Vitamin A: 1506.77IU (30.14%), Vitamin B5: 3mg (30%), Vitamin E: 3.9mg (26%), Vitamin C: 17.33mg (21%), Calcium: 206.85mg (20.69%), Vitamin K: 11.32µg (10.78%), Vitamin B12: 0.59µg (9.86%), Vitamin D: 0.45µg (3.02%)