



WHATSheATE



HEALTH SCORE

51%

Spanish Turkey Meatball Stew



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 cup carrots sliced
- ☐ 28 ounce fire-roasted tomatoes diced low-sodium canned
- ☐ 0.8 cup parsley fresh loosely packed plus more for topping chopped 1 bunch
- ☐ 5 cloves garlic minced
- ☐ 4 servings kosher salt
- ☐ 1.3 pounds pd of ground turkey lean
- ☐ 2 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 4 servings pepper freshly ground
- ☐ 1 teaspoon paprika smoked

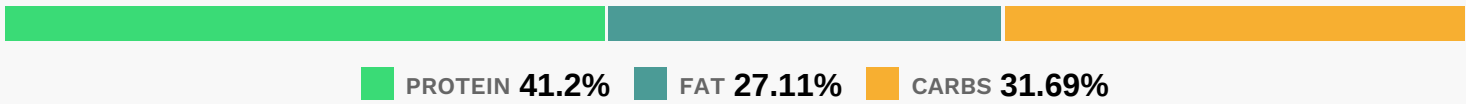
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium-high heat.
- ☐ Add the onion, garlic and a pinch of salt and cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Transfer half of the mixture to a large bowl.
- ☐ Add the paprika and carrots to the remaining onion mixture in the skillet and cook 1 minute.
- ☐ Add the tomatoes, chicken broth and chickpeas; bring to a rapid simmer and cook, stirring occasionally, until the sauce thickens slightly, about 6 minutes. Meanwhile, add the ground turkey, parsley, 1 teaspoon salt and 1/4 teaspoon pepper to the bowl with the reserved onion mixture and mix with your hands. Form the turkey mixture into 20 meatballs.
- ☐ Place the meatballs in the skillet with the sauce and simmer, turning once, until cooked through, about 7 minutes.
- ☐ Serve with more pepper and parsley.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:55.79, Glycemic Load:6.17, Inflammation Score:-10, Nutrition Score:35.245217209277%

Flavonoids

Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 418.13kcal (20.91%), Fat: 12.83g (19.75%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 25.37g (9.23%), Sugar: 8.03g (8.92%), Cholesterol: 77.96mg (25.99%), Sodium: 933.65mg (40.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.89g (87.78%), Vitamin K: 193.72µg (184.49%), Vitamin A: 7386.69IU (147.73%), Vitamin B6: 1.89mg (94.31%), Vitamin B3: 16.1mg (80.49%), Manganese: 1.07mg (53.71%), Selenium: 34.25µg (48.93%), Phosphorus: 478.28mg (47.83%), Fiber: 8.39g (33.56%), Vitamin C: 24.48mg (29.67%), Iron: 4.81mg (26.73%), Potassium: 920.07mg (26.29%), Zinc: 3.67mg (24.49%), Magnesium: 86.21mg (21.55%), Copper: 0.37mg (18.35%), Vitamin B5: 1.78mg (17.8%), Folate: 68.6µg (17.15%), Calcium: 148.99mg (14.9%), Vitamin B2: 0.25mg (14.73%), Vitamin B12: 0.84µg (14.02%), Vitamin B1: 0.18mg (11.95%), Vitamin E: 1.56mg (10.4%), Vitamin D: 0.57µg (3.78%)