



Stuffed marrow bake

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp herbs mixed dried
- ☐ 500 g ground meat turkey
- ☐ 800 g canned tomatoes chopped canned
- ☐ 1 "-" long marrow bones thick cut into 4cm slices
- ☐ 4 tbsp breadcrumbs
- ☐ 3 tbsp parmesan grated

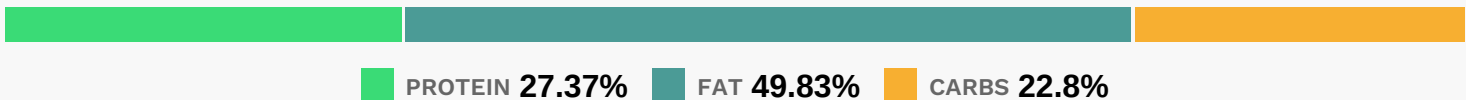
Equipment

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

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a large frying pan and cook the onion, garlic and 2 tsp of the herbs for 3 mins until starting to soften.
- ☐ Add the turkey and brown all over, then tip in the tomatoes and cook for 5 mins more.
- ☐ Scoop out the middle of the marrow and discard (or fry, then freeze for another time try it mashed with potato). Arrange the slices in a baking dish. Spoon the mince into the middle of each marrow slice, then spoon the rest over the top. Cover with foil and bake for 30 mins.
- ☐ Meanwhile, mix remaining herbs with the breadcrumbs and Parmesan.
- ☐ Remove the marrow from the oven, uncover, and sprinkle over the crumbs. Return to the oven for 10 mins more until crumbs are golden and crisp and marrow is tender.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:3.18, Inflammation Score:-6, Nutrition Score:16.613043515579%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 287.77kcal (14.39%), Fat: 16.45g (25.31%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 13.51g (4.91%), Sugar: 7.09g (7.88%), Cholesterol: 63.37mg (21.12%), Sodium: 323.61mg (14.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.66%), Vitamin B3: 6.67mg (33.33%), Selenium: 19.07µg (27.24%), Vitamin B6: 0.53mg (26.71%), Phosphorus: 246.63mg (24.66%), Iron: 4.3mg (23.9%), Vitamin K: 21.32µg (20.31%), Manganese: 0.4mg (20.04%), Copper: 0.37mg (18.29%), Zinc: 2.71mg (18.1%), Potassium: 618.16mg (17.66%), Vitamin B12: 1.05µg (17.56%), Vitamin C: 14.14mg (17.14%), Vitamin B1: 0.24mg (15.81%), Vitamin B2: 0.27mg (15.71%), Vitamin E: 2.16mg (14.42%), Fiber: 3.42g (13.68%), Magnesium: 51.67mg (12.92%), Vitamin B5: 1.28mg (12.78%), Calcium: 123.32mg (12.33%), Folate: 35.94µg (8.98%), Vitamin A: 410.94IU (8.22%), Vitamin D: 0.35µg (2.31%)