



WHATSheATE



Sweet-N-Sour Turkey Meatballs

READY IN



255 min.

SERVINGS



8

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 0.5 cup brown sugar
- ☐ 30 ounce tomato sauce canned
- ☐ 1 cup chili sauce
- ☐ 0.5 cup cider vinegar
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 egg white
- ☐ 4 tablespoons chives fresh chopped
- ☐ 8 servings salt and ground pepper black

- ☐ 2 pounds ground turkey breast
- ☐ 8 servings lemon wedges
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 2 teaspoons poultry seasoning salt-free
- ☐ 8 medium potatoes red cut into 1-inch pieces skin on
- ☐ 8 servings salt and pepper
- ☐ 1 cup cup heavy whipping cream light sour
- ☐ 2 tablespoons water
- ☐ 6 cloves garlic whole
- ☐ 2 until tender. season with salt and pepper, to taste. serve with lemon, if desired. crisp

Equipment

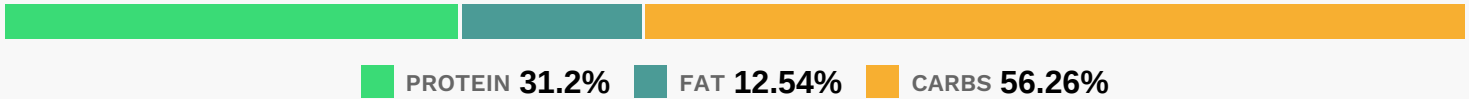
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, combine turkey, garlic and herb seasoning, egg white and 1/2 teaspoon each salt and black pepper.
- ☐ Mix well and shape mixture into about 32 meatballs.
- ☐ Place meatballs in bottom of slow cooker.
- ☐ In a medium bowl, whisk together tomato sauce, broth, chili sauce, vinegar, brown sugar, and thyme.
- ☐ Pour mixture over meatballs.
- ☐ Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours. Season, to taste, with salt and black pepper.

- ☐
- Serve half of the Meatballs with Mashed Red Potatoes and Steamed Broccoli. Refrigerate the other half for Turkey–Stuffed Zucchini Boats later in the week.
- ☐
- Place potatoes and garlic cloves in a large saucepan and pour over enough water to cover. Set pan over high heat and bring to a boil. Boil 8 minutes until potatoes are fork–tender.
- ☐
- Drain and return potatoes and garlic cloves to pan. Mash in sour cream until desired consistency. Fold in chives. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:2.46, Inflammation Score:–9, Nutrition Score:32.442608926607%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 454.13kcal (22.71%), Fat: 6.52g (10.03%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 58.84g (21.4%), Sugar: 25.16g (27.96%), Cholesterol: 72.43mg (24.14%), Sodium: 1312.88mg (57.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.5g (72.99%), Vitamin B3: 16.12mg (80.6%), Vitamin B6: 1.59mg (79.69%), Vitamin C: 56.51mg (68.5%), Potassium: 1994.92mg (57%), Phosphorus: 497.03mg (49.7%), Vitamin K: 48.79µg (46.47%), Selenium: 29.99µg (42.84%), Manganese: 0.63mg (31.58%), Copper: 0.59mg (29.57%), Magnesium: 114.16mg (28.54%), Fiber: 6.98g (27.94%), Iron: 4.75mg (26.37%), Vitamin B2: 0.38mg (22.54%), Vitamin B1: 0.34mg (22.51%), Zinc: 3.37mg (22.49%), Vitamin A: 1077.72IU (21.55%), Vitamin B5: 2.11mg (21.14%), Folate: 82.71µg (20.68%), Vitamin E: 2.6mg (17.36%), Calcium: 130.11mg (13.01%), Vitamin B12: 0.76µg (12.69%), Vitamin D: 0.51µg (3.41%)