



Teriyaki Turkey Meatballs

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bread toasted
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 eggs slightly beaten
- 2.5 teaspoons ginger fresh minced
- 1.5 teaspoons garlic fresh minced
- 0.5 cup spring onion thinly sliced
- 0.3 teaspoon pepper black

- 1 pound pd of ground turkey lean
- 3 tablespoons soy sauce reduced-sodium
- 32 pieces pineapple rings fresh canned

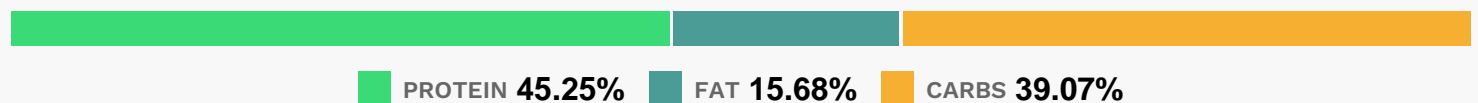
Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- aluminum foil
- skewers

Directions

- Preheat oven to 375 degrees F. Foil-line one baking sheet.
- Break bread slices into pieces; place in blender or food processor. Process until finely ground into crumbs.
- Remove 3/4 cup, reserve remaining bread crumbs.
- Combine turkey, 3/4 cup bread crumbs, green onions, egg, soy sauce, brown sugar, ginger, garlic, pepper and chili sauce in medium bowl. Divide turkey mixture into 36, 1-inch balls; roll in remaining bread crumbs.
- Place on baking sheet.
- Bake 20 to 25 minutes until cooked through.
- Remove from oven.
- Assemble meatballs and pineapple chunks on skewers.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:3.69, Inflammation Score:-2, Nutrition Score:6.7082609041877%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 99.75kcal (4.99%), Fat: 1.75g (2.69%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.05g (3.29%), Sugar: 3.26g (3.63%), Cholesterol: 34.43mg (11.48%), Sodium: 236.08mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin B3: 4.54mg (22.69%), Selenium: 13.65µg (19.5%), Vitamin B6: 0.36mg (18.15%), Phosphorus: 120.35mg (12.04%), Manganese: 0.21mg (10.38%), Vitamin K: 9.42µg (8.97%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.92mg (6.1%), Vitamin B1: 0.09mg (6%), Iron: 1.01mg (5.61%), Magnesium: 21.66mg (5.41%), Folate: 21.29µg (5.32%), Vitamin B5: 0.53mg (5.26%), Potassium: 171.64mg (4.9%), Vitamin B12: 0.23µg (3.76%), Fiber: 0.76g (3.03%), Copper: 0.06mg (2.86%), Calcium: 27.9mg (2.79%), Vitamin D: 0.22µg (1.5%), Vitamin A: 72.67IU (1.45%), Vitamin C: 1.2mg (1.45%)