



HEALTH SCORE

56%

Turkey and Porcini Meatballs with Rosemary and Polenta

READY IN



30 min.

SERVINGS



2

CALORIES



1128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground meat turkey dark
- ☐ 0.3 cup breadcrumbs
- ☐ 1 ounce the following: parmesan rind) dried
- ☐ 0.5 eggs beaten
- ☐ 4 tablespoons flat parsley divided chopped
- ☐ 1 tablespoon garlic clove finely chopped
- ☐ 2 cups tomatoes
- ☐ 2 tablespoons milk

- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups pecorino cheese divided finely grated
- ☐ 1 cup polenta dry
- ☐ 1 tablespoons rosemary leaves fresh whole chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

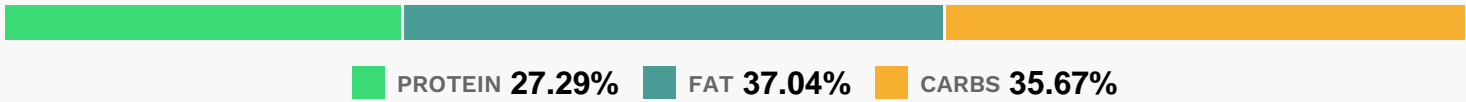
Directions

- ☐ In a small bowl, soak the porcini mushrooms in 1 cup of recently boiled water for 15 minutes. Once the mushrooms are reconstituted, finely chop and reserve the soaking water. Adjust oven rack to 6 inches below broiler element and preheat broiler to high.
- ☐ In a large bowl, gently mix together half of the chopped porcini mushrooms, turkey, egg, milk, breadcrumbs, 1/4 cup Pecorino Romano, 1 tablespoon rosemary, 2 tablespoons parsley, garlic, and olive oil until just combined.
- ☐ Roll the mixture into 12 equal-sized balls, and place on a parchment-lined rimmed baking sheet. Broil for 10 minutes.
- ☐ Meanwhile, place the remaining mushrooms and their liquid, rosemary stem, remaining parsley, and marinara sauce in a medium skillet over low heat.
- ☐ Place the broiled meatballs directly in the sauce, and simmer over medium-low heat until the meatballs are cooked through and the sauce has visibly reduced to the consistency of a thick ragú, 10 to 15 minutes.
- ☐ Meanwhile, bring 5 cups of water to a boil over high heat.
- ☐ Whisk in polenta in a thin steady stream and cook, stirring constantly until creamy and hydrated.
- ☐ Whisk in 1 cup of Pecorino Romano and season to taste with salt.

☐

Serve polenta with meatballs and sauce.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:55.797826062078%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1127.86kcal (56.39%), Fat: 46.97g (72.25%), Saturated Fat: 17.67g (110.43%), Carbohydrates: 101.78g (33.93%), Net Carbohydrates: 94.1g (34.22%), Sugar: 11.71g (13.01%), Cholesterol: 275.55mg (91.85%), Sodium: 2196.13mg (95.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.85g (155.71%), Vitamin K: 144.92µg (138.02%), Selenium: 81.31µg (116.16%), Phosphorus: 1149.2mg (114.92%), Vitamin B3: 18.78mg (93.88%), Calcium: 820.91mg (82.09%), Vitamin B6: 1.45mg (72.25%), Vitamin B5: 7.14mg (71.4%), Copper: 1.4mg (70.22%), Vitamin B2: 1.16mg (68.3%), Zinc: 9.84mg (65.61%), Vitamin B12: 3.65µg (60.8%), Potassium: 1722.08mg (49.2%), Vitamin A: 2443.14IU (48.86%), Iron: 8.04mg (44.67%), Magnesium: 165.01mg (41.25%), Manganese: 0.76mg (38.04%), Vitamin C: 29.75mg (36.06%), Vitamin B1: 0.54mg (35.89%), Vitamin E: 5.13mg (34.17%), Fiber: 7.67g (30.69%), Folate: 102.37µg (25.59%), Vitamin D: 2.16µg (14.38%)