



Turkey-Apple Swedish Meatballs

READY IN



120 min.

SERVINGS



6

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings parsley and/or chives fresh chopped for topping
- 1 large eggs
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 1 apples i use 2 granny smith apples grated peeled
- 1 pinch ground cinnamon
- 6 servings kosher salt and pepper freshly ground
- 1.3 pounds pd of ground turkey lean
- 1.5 cups chicken broth low-sodium

- 3 cups torn pumpernickel bread packed
- 0.5 cup shallots chopped
- 2 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 1 cup milk whole
- 1 teaspoon worcestershire sauce
- 1.5 teaspoons worcestershire sauce

Equipment

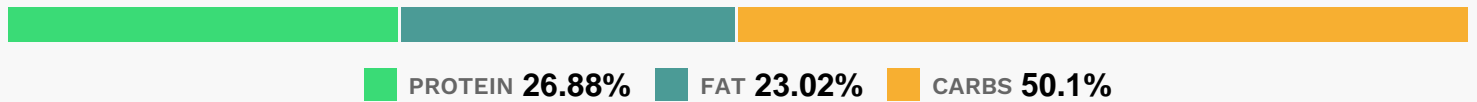
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- blender

Directions

- Make the meatballs: Pulse the bread in a food processor to make fine crumbs.
- Add the milk and Worcestershire sauce and pulse to make a paste; set aside.
- Heat the butter and vegetable oil in a large nonstick skillet over medium heat; add the shallots and cook, stirring, until golden brown, about 8 minutes.
- Add the apple, garlic, cinnamon, 1 teaspoon salt and a few grinds of pepper and cook until the apple is tender, about 3 minutes. Stir in the breadcrumb mixture and cook, stirring, until thickened, about 4 minutes.
- Transfer to a large bowl and let cool completely.
- Add the turkey and egg to the bowl and beat with a mixer on lowspeed until well combined, about 4 minutes. Cover and refrigerate at least 30 minutes.

- Preheat the oven to 425 degrees F and coat a baking sheet with cooking spray. Dampen your hands and form the meat mixture into 36 balls (about 1 inch each). Arrange on the prepared baking sheet and bake until lightly browned, 15 to 20 minutes.
- Meanwhile, make the gravy: Melt the butter in a medium saucepan over medium heat.
- Add the flour and whisk to make a smooth paste, about 3 minutes. Gradually whisk in the chicken broth, then add the Worcestershire sauce. Cook, whisking, until slightly thickened, about 5 minutes.
- Add the meatballs and simmer until firm and cooked through, about 10 minutes.
- Serve over mashed potatoes and top with parsley and/or chives.
- Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index: 51.83, Glycemic Load: 31.27, Inflammation Score: -7, Nutrition Score: 29.730434500653%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 543.69kcal (27.18%), Fat: 14.12g (21.72%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 69.15g (23.05%), Net Carbohydrates: 59.97g (21.81%), Sugar: 7.69g (8.54%), Cholesterol: 97.89mg (32.63%), Sodium: 1027.94mg (44.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.19%), Manganese: 1.67mg (83.28%), Selenium: 54.49µg (77.85%), Vitamin B3: 13.93mg (69.67%), Vitamin B6: 1.1mg (54.97%), Phosphorus: 522.97mg (52.3%), Fiber: 9.18g (36.72%), Vitamin B2: 0.6mg (35.48%), Vitamin B1: 0.51mg (34.19%), Folate: 135.1µg (33.78%), Iron: 4.95mg (27.52%), Magnesium: 105.07mg (26.27%), Zinc: 3.88mg (25.89%), Copper: 0.47mg (23.53%), Potassium: 777.32mg (22.21%), Vitamin B5: 1.69mg (16.9%), Calcium: 156.79mg (15.68%), Vitamin B12: 0.84µg (14.04%), Vitamin K: 8.6µg (8.19%), Vitamin D: 1.06µg (7.08%), Vitamin E: 1.03mg (6.89%), Vitamin A: 313.99IU

(6.28%), Vitamin C: 4.19mg (5.08%)