



Turkey Kale Meatballs

READY IN



75 min.

SERVINGS



12

CALORIES



105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 large eggs
- ☐ 3 bay leaf fresh
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 12 servings kosher salt
- ☐ 4 ounces destemmed lacinato/dinosaur kale thick trimmed
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 12 servings meatballs for frying
- ☐ 0.5 medium onion minced
- ☐ 0.3 cup parmesan freshly grated
- ☐ 12 servings pepper freshly ground
- ☐ 1 pound pd of ground turkey lean (breasts are too)

Equipment

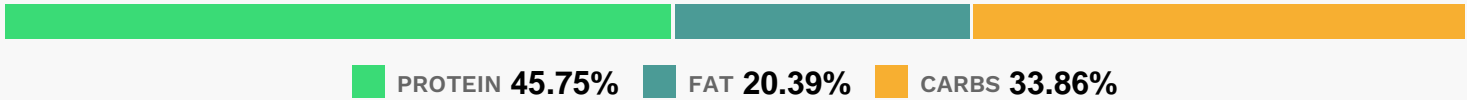
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ spatula
- ☐ dutch oven
- ☐ colander
- ☐ cutting board

Directions

- ☐ Bring a medium pot of water to a boil. Use a knife to trim the stem ends from the kale, and use your fingers to pull the leaves away from any thick center ribs. Rinse the kale in a lettuce spinner, and then roughly chop. Salt the water and blanch kale for about 2 minutes, then drain and cool in a colander.
- ☐ While the kale is cooling, combine the turkey, onion, garlic, breadcrumbs, Parmesan, egg, lemon zest, salt, pepper, and nutmeg in a large mixing bowl. Use a rubber spatula to press out excess water from the cooled kale, then use your hands to squeeze out as much water as possible—you should end up with a tight, dense ball of kale.
- ☐ Place the kale on a cutting board and finely chop, then add to the turkey mixture. Using your hands, combine the mixture until it's well mixed but avoid overworking the meat.

- ☐ Use a tablespoon to scoop a golf ball sized meatball. Gently toss the mixture from one hand to the other to gently pack, just until the ball holds together, then place on a baking sheet lined with parchment. Continue with remaining turkey mixture.
- ☐ Chill the meatballs for about 30 minutes (this will help them hold together when you fry them). While the meatballs are chilling, make the tomato sauce.
- ☐ Heat the 2 tablespoons of oil in a Dutch oven over medium high heat. When the oil is hot, add the onions, bay leaves (give the fresh leaves a tear or two to release their flavor), a pinch of kosher salt and a few grindings of pepper and sauté until softened, about 5–6 minutes (but do not brown). If the onions start to brown too quickly add a splash of white wine or water).
- ☐ Add the tomatoes and stir to combine, bring to a boil and then reduce heat and simmer about 20 minutes.
- ☐ To brown the meatballs, heat 2 tablespoons of oil in a large skillet over medium high heat. When the oil is hot, add about half the meatballs (do not overcrown the skillet) and brown on all sides, using a spoon to turn them for even cooking.
- ☐ Transfer to a plate lined with a paper towel and brown remaining meatballs.
- ☐ Add the browned meatballs to the tomato sauce and simmer gently for about 25 minutes.
- ☐ Remove bay leaves.
- ☐ Serve the meatballs over short curly noodles like fussili or cavatappi, and top with additional freshly grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:12.083043435346%

Flavonoids

Isorhamnetin: 2.46mg, Isorhamnetin: 2.46mg, Isorhamnetin: 2.46mg, Isorhamnetin: 2.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 104.76kcal (5.24%), Fat: 2.48g (3.81%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 7.25g (2.64%), Sugar: 3.52g (3.91%), Cholesterol: 38.32mg (12.77%), Sodium: 582.93mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.01%), Vitamin K: 40.9µg (38.96%), Vitamin B3: 4.92mg

(24.59%), Vitamin B6: 0.46mg (23.14%), Vitamin A: 1142.31IU (22.85%), Vitamin C: 15.77mg (19.12%), Selenium: 11.99µg (17.13%), Phosphorus: 149.45mg (14.95%), Manganese: 0.26mg (12.76%), Potassium: 365.75mg (10.45%), Calcium: 94mg (9.4%), Iron: 1.66mg (9.21%), Vitamin B2: 0.16mg (9.17%), Vitamin B1: 0.13mg (8.96%), Copper: 0.17mg (8.41%), Fiber: 2g (8.01%), Magnesium: 31.83mg (7.96%), Zinc: 1.1mg (7.3%), Vitamin E: 0.97mg (6.48%), Vitamin B5: 0.64mg (6.37%), Folate: 25.46µg (6.36%), Vitamin B12: 0.28µg (4.67%), Vitamin D: 0.25µg (1.66%)