



Turkey Kefta with Sweet Onion and Raisin Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 eggs lightly beaten
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1.3 pounds pd of ground turkey

- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon ras el hanout spice mix
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 4 cups onion sweet vertically sliced

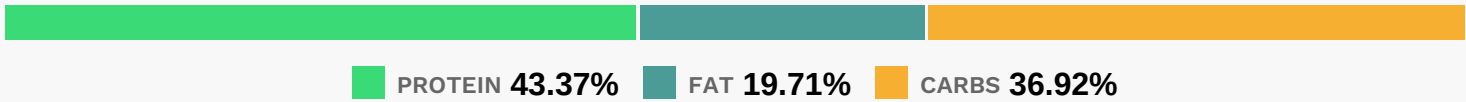
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a Dutch oven; bring to a boil. Reduce heat, and simmer 10 minutes or until sauce thickens, stirring occasionally.
- ☐ Combine chopped fresh parsley and the next 6 ingredients (through ground turkey breast) in a large bowl; shape mixture into 20 meatballs.
- ☐ Place meatballs on top of onion mixture; cover and cook for 20 minutes or until done.
- ☐ Sprinkle evenly with slivered almonds.

Nutrition Facts



Properties

Glycemic Index:42.45, Glycemic Load:7.84, Inflammation Score:-8, Nutrition Score:29.107826274374%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.16mg,

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 353.67kcal (17.68%), Fat: 8.02g (12.33%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 29.5g (10.73%), Sugar: 9.01g (10.01%), Cholesterol: 118.88mg (39.63%), Sodium: 1582.85mg (68.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.4%), Vitamin K: 126.33µg (120.32%), Vitamin B3: 15.55mg (77.73%), Vitamin B6: 1.52mg (75.88%), Selenium: 39.82µg (56.88%), Phosphorus: 460.37mg (46.04%), Potassium: 917.3mg (26.21%), Manganese: 0.5mg (24.98%), Vitamin B2: 0.4mg (23.45%), Vitamin C: 18.64mg (22.59%), Magnesium: 89.69mg (22.42%), Zinc: 3.3mg (22.01%), Iron: 3.5mg (19.44%), Folate: 77.12µg (19.28%), Vitamin B1: 0.27mg (18.11%), Vitamin B5: 1.81mg (18.08%), Copper: 0.36mg (18.01%), Vitamin B12: 1.04µg (17.38%), Fiber: 4.3g (17.2%), Vitamin A: 735.29IU (14.71%), Vitamin E: 2.09mg (13.91%), Calcium: 99.15mg (9.92%), Vitamin D: 0.79µg (5.25%)