



HEALTH SCORE

66%

Turkey Meatball Subs



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup wine dry white
- ☐ 1 large egg whites
- ☐ 3 tablespoons skim milk fat-free
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 12 ounces pd of ground turkey
- ☐ 1.8 cups tomatoes

- ☐ 4 teaspoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 5 teaspoons parmesan grated
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce sesame seed split with sesame seeds,
- ☐ 0.8 cup onion yellow chopped

Equipment

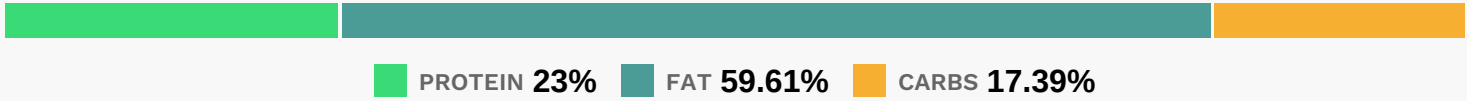
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell.
- ☐ Place torn bread in a large bowl.
- ☐ Add milk, stirring with a fork until smooth.
- ☐ Add oregano, salt, turkey, and egg white to bread mixture, stirring just until combined. Working with damp hands, shape turkey mixture into 12 meatballs.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add meatballs; cook 5 minutes, turning to brown on all sides.
- ☐ Remove meatballs from pan.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion and garlic to pan; saut 4 minutes or until tender.
- ☐ Add wine; cook 1 minute, scraping pan to loosen browned bits. Stir in marinara, basil, and vinegar; bring to a boil. Return meatballs to pan. Cover, reduce heat, and simmer 15 minutes or until meatballs are done.

- ☐ Arrange rolls, cut sides up, on a baking sheet; broil 1 minute or until toasted. Top bottom half of each roll with 3 meatballs, about 1/3 cup sauce, and top half of roll.
- ☐ Sprinkle evenly with Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:84.31, Glycemic Load:6.02, Inflammation Score:-9, Nutrition Score:42.581304011138%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 605.41kcal (30.27%), Fat: 41.58g (63.97%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 16.67g (6.06%), Sugar: 6.7g (7.45%), Cholesterol: 47.96mg (15.99%), Sodium: 746.11mg (32.44%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 36.11g (72.22%), Copper: 3.09mg (154.56%), Manganese: 1.97mg (98.44%), Calcium: 756.27mg (75.63%), Magnesium: 299.12mg (74.78%), Vitamin B6: 1.46mg (72.98%), Phosphorus: 704.26mg (70.43%), Iron: 12.32mg (68.45%), Selenium: 46.26µg (66.09%), Vitamin B3: 12.63mg (63.13%), Zinc: 7.41mg (49.42%), Vitamin B1: 0.66mg (44.21%), Fiber: 10.63g (42.51%), Potassium: 1003.9mg (28.68%), Vitamin B2: 0.4mg (23.69%), Folate: 93.33µg (23.33%), Vitamin E: 2.42mg (16.15%), Vitamin K: 13.4µg (12.76%), Vitamin C: 10.23mg (12.4%), Vitamin B5: 1.23mg (12.3%), Vitamin A: 608.52IU (12.17%), Vitamin B12: 0.52µg (8.69%), Vitamin D: 0.47µg (3.13%)