



food
network

Turkey Meatballs

READY IN



21 min.

SERVINGS



8

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey meat
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups broken-up bread white dry
- ☐ 2 large eggs well beaten
- ☐ 8 servings flour
- ☐ 0.5 cup golden raisins
- ☐ 1 cup milk
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.8 cup onion diced

- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable oil

Equipment

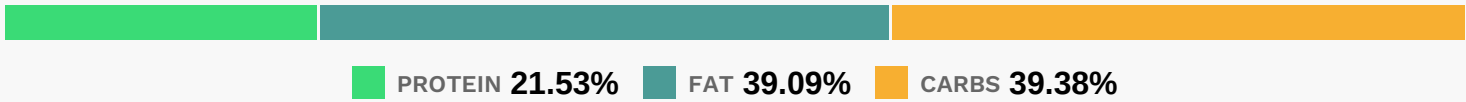
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ In a heated skillet add olive oil and onions. Slightly cook them for about 5 minutes (we want the onions softened not colored).
- ☐ Place into a bowl and let cool.
- ☐ Take the 2 cups of broken up bread and place into a bowl with the milk.
- ☐ Let the bread soak for 5 minutes. Squeeze and drain the bread then place it into a large mixing bowl.
- ☐ Add the turkey meat, beaten eggs, chopped parsley, salt, black pepper, golden raisins and toasted pine nuts.
- ☐ Fold all ingredients together. Do not over work the turkey meat.
- ☐ Fill a Dutch oven with vegetable oil and place on low heat. Dust a baking sheet with about an inch of flour.
- ☐ In your hands scoop up a two-finger portion of the turkey mixture and with the palm of your hands shape the balls a little larger than a golf ball. As you make the balls add them to the baking tray with the flour and roll them until evenly coated.
- ☐ Carefully add the meatballs to the oil and brown for about 6 minutes.
- ☐ Transfer turkey meatballs to a plate and set aside for bean soup.

☐ Pour excess oil into a bowl.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:23.99, Inflammation Score:-6, Nutrition Score:22.283478394799%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 451.25kcal (22.56%), Fat: 19.94g (30.67%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 41.63g (15.14%), Sugar: 11.23g (12.48%), Cholesterol: 81.34mg (27.11%), Sodium: 486.01mg (21.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Manganese: 1.57mg (78.61%), Selenium: 36.73µg (52.47%), Vitamin B3: 9.8mg (49%), Vitamin K: 36.18µg (34.46%), Phosphorus: 332.73mg (33.27%), Vitamin B6: 0.65mg (32.56%), Vitamin B1: 0.4mg (26.57%), Vitamin B2: 0.39mg (22.74%), Iron: 3.88mg (21.58%), Folate: 81.94µg (20.49%), Magnesium: 74.07mg (18.52%), Zinc: 2.56mg (17.09%), Copper: 0.29mg (14.7%), Fiber: 3.56g (14.25%), Vitamin B5: 1.39mg (13.85%), Potassium: 468.82mg (13.39%), Calcium: 132.93mg (13.29%), Vitamin E: 1.94mg (12.91%), Vitamin B12: 0.57µg (9.42%), Vitamin D: 0.81µg (5.42%), Vitamin A: 219.94IU (4.4%), Vitamin C: 2.92mg (3.53%)