



WHATSheATE



Turkey Meatballs

READY IN



320 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 oz canned tomatoes crushed canned
- ☐ 1.3 cups breadcrumbs plain dry
- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 1.3 pounds pd of ground turkey lean
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 cup parmesan grated

- ☐ 8 servings salt
- ☐ 2 pounds turkey sausage crumbled

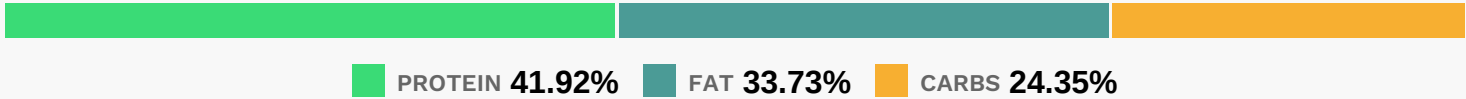
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ slow cooker

Directions

- ☐ Warm olive oil in medium skillet over medium heat.
- ☐ Add half of garlic and cook until fragrant, stirring, about 30 seconds.
- ☐ Scrape into slow cooker and stir in tomatoes, 3/4 tsp. salt and oregano.
- ☐ Combine turkey, sausage, bread crumbs, cheese, eggs, parsley, remaining garlic and 1 tsp. salt in a large mixing bowl. Blend ingredients with your hands. Form into 2-inch balls and place in slow cooker. Spoon tomatoes over meatballs to cover.
- ☐ Cover and cook on low until cooked through, 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:4.31, Inflammation Score:-8, Nutrition Score:31.842608783556%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 458.64kcal (22.93%), Fat: 17.38g (26.74%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 23.56g (8.57%), Sugar: 9.94g (11.04%), Cholesterol: 176.9mg (58.97%), Sodium: 1457.17mg (63.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.61g (97.22%), Vitamin B3: 15.72mg (78.58%), Vitamin B6: 1.47mg (73.28%), Phosphorus: 546.32mg (54.63%), Vitamin K: 44.43µg (42.32%), Zinc: 5.96mg

(39.72%), Selenium: 27.27µg (38.96%), Vitamin B2: 0.6mg (35.49%), Vitamin B12: 2.12µg (35.31%), Potassium: 1164.61mg (33.27%), Iron: 5.76mg (32.01%), Vitamin B1: 0.46mg (30.45%), Manganese: 0.59mg (29.32%), Vitamin C: 23.83mg (28.88%), Copper: 0.56mg (28.25%), Vitamin B5: 2.68mg (26.77%), Calcium: 247.46mg (24.75%), Magnesium: 96.32mg (24.08%), Vitamin E: 3.13mg (20.89%), Fiber: 4.68g (18.71%), Vitamin A: 830.36IU (16.61%), Folate: 64.92µg (16.23%), Vitamin D: 0.58µg (3.87%)