

• RELIEVE HEADACHES AND ANXIETY

• SLEEP WELL AND RESTORE YOUR ABILITY TO RELAX

• CONTROL YOUR WEIGHT

4-WEEK
DIET AND
LIFESTYLE

Turkey Meatballs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 tsp pepper black
- ☐ 1 eggs
- ☐ 0.3 tsp garlic powder
- ☐ 1 lb pd of ground turkey
- ☐ 1 tsp onions chopped
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 1 tbsp tomato paste

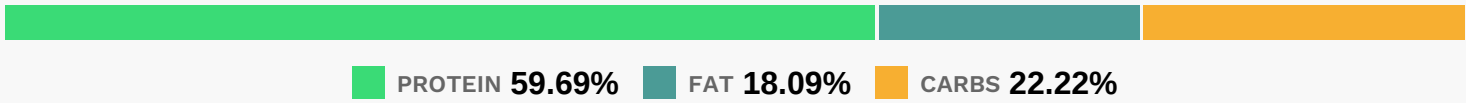
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees.
- ☐ Combine all the ingredients and mix thoroughly. Form meatballs from 1 tbsp of mixture mold into the shape of a ball.
- ☐ Bake 15 to 20 minutes on a lightly oiled 10 x 15 x 1 inch pan, or until the meatballs are no longer pink in the center.
- ☐ This recipe yields more meatballs than just two, but it's so good you might want to share it with friends or save half of the meatballs in the freezer for another meal.
- ☐ From The Super
- ☐ Stress Solution.com

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:9.9456523449525%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 136.31kcal (6.82%), Fat: 2.73g (4.21%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.94g (1.05%), Cholesterol: 68.96mg (22.99%), Sodium: 203.73mg (8.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Vitamin B3: 8.04mg (40.22%), Vitamin B6: 0.69mg (34.29%), Selenium: 21.6µg (30.86%), Phosphorus: 206.74mg (20.67%), Zinc: 1.59mg (10.6%), Vitamin B1: 0.15mg (9.88%), Vitamin B2: 0.16mg (9.34%), Vitamin B5: 0.85mg (8.46%), Potassium: 285.86mg (8.17%), Vitamin B12: 0.49µg (8.1%), Iron: 1.29mg (7.19%), Magnesium: 28.73mg (7.18%), Manganese: 0.12mg (6%), Folate: 21.85µg (5.46%), Vitamin K: 5µg (4.76%), Copper: 0.08mg (4.23%), Vitamin D: 0.45µg (2.99%), Calcium: 25.9mg (2.59%), Fiber: 0.63g (2.51%), Vitamin A: 118.7IU (2.37%), Vitamin E: 0.27mg (1.81%), Vitamin C: 0.88mg (1.07%)