



Turkey Meatballs and Pasta in Cream Sauce

READY IN



60 min.

SERVINGS



6

CALORIES



661 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups chicken broth
- 0.3 cup breadcrumbs dry fine
- 1 large eggs
- 2 tablespoons flour all-purpose
- 3 tablespoons parsley fresh minced
- 2 garlic clove minced
- 1 pound pd of ground turkey
- 0.7 cup cup heavy whipping cream
- 0.3 cup milk

- 3 tablespoons olive oil
- 1 cup parmesan cheese divided freshly grated plus more for serving
- 1 pound soup noodles dried such as rotini, cooked according to package directions
- 0.8 teaspoon pepper divided freshly ground
- 1.3 teaspoons salt divided
- 1 cup spring onion divided finely minced
- 8 ounces mushroom caps white sliced

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Heat oil in a large skillet or saucepan over medium heat.
- Add 1/2 cup scallions, 1/4 teaspoon salt, 1/4 teaspoon pepper, and mushrooms, and cook, stirring occasionally, 5 minutes.
- Add flour, and cook, stirring constantly, 2 minutes more.
- Add broth; cover and simmer 10 minutes.
- Combine breadcrumbs and milk in a small bowl, and let soak 10 minutes.
- Combine 1/2 cup Parmesan, remaining 1/2 cup scallions, remaining 1 teaspoon salt, remaining 1/2 teaspoon pepper, and next 4 ingredients in a separate bowl. Stir in breadcrumb mixture, and form into 1 1/2-inch meatballs.
- Add meatballs to sauce; cover and simmer 20 minutes more.
- Add cream, and return to a simmer.
- Add remaining 1/2 cup Parmesan, and stir until sauce is slightly thickened.
- Add drained cooked pasta and sauce to pot, and toss gently to combine.
- Serve with additional Parmesan.

Nutrition Facts

PROTEIN 22.73% FAT 35.02% CARBS 42.25%

Properties

Glycemic Index:52.17, Glycemic Load:25.23, Inflammation Score:-8, Nutrition Score:28.483478255894%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 660.92kcal (33.05%), Fat: 25.77g (39.65%), Saturated Fat: 10.81g (67.53%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 65.73g (23.9%), Sugar: 5.51g (6.12%), Cholesterol: 120.55mg (40.18%), Sodium: 1247.17mg (54.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Selenium: 78.71µg (112.45%), Vitamin K: 73.52µg (70.01%), Vitamin B3: 10.92mg (54.62%), Phosphorus: 531.31mg (53.13%), Manganese: 0.99mg (49.26%), Vitamin B6: 0.94mg (47.14%), Vitamin B2: 0.48mg (27.99%), Zinc: 3.99mg (26.58%), Calcium: 235.6mg (23.56%), Magnesium: 88.35mg (22.09%), Potassium: 687.84mg (19.65%), Vitamin B5: 1.93mg (19.33%), Copper: 0.38mg (19.25%), Vitamin A: 956.82IU (19.14%), Fiber: 4.22g (16.87%), Vitamin B1: 0.24mg (15.88%), Iron: 2.82mg (15.69%), Vitamin B12: 0.84µg (13.93%), Folate: 53.71µg (13.43%), Vitamin E: 1.72mg (11.47%), Vitamin D: 1.28µg (8.51%), Vitamin C: 6.26mg (7.59%)