



WHATSheATE



Turkey meatballs in tomato & fennel sauce



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g ground meat turkey
- ☐ 25 g breadcrumbs fresh white
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 carrots diced
- ☐ 1 tsp fennel seeds
- ☐ 400 g canned tomatoes chopped canned

- ☐ 1 tbsp tomato purée
- ☐ 400 g spaghetti cooked

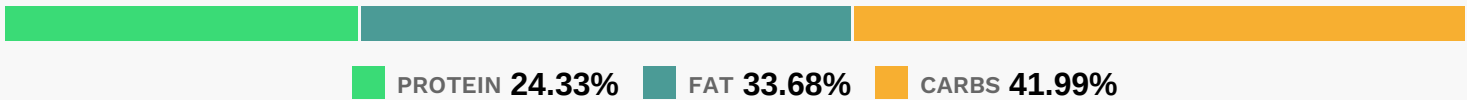
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ immersion blender

Directions

- ☐ Put the mince in a mixing bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Using your hands, shape the mixture into 12 balls, then chill for 10 mins.
- ☐ Meanwhile, heat 1 tbsp oil in a pan.
- ☐ Add the onion, carrot and remaining garlic. Cook for 5–6 mins until softened.
- ☐ Add the fennel seeds and cook for a few secs. Tip in the tomatoes with half a can of water, then stir in the tomato pure. Season and simmer for 15 mins until thickened. Using an electric hand blender, whizz until roughly smooth.
- ☐ Meanwhile, heat the remaining oil in a non-stick frying pan and fry the meatballs for 8–10 mins until cooked through.
- ☐ Transfer to the sauce and simmer until piping hot.
- ☐ Serve with spaghetti.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:17.33, Inflammation Score:-9, Nutrition Score:22.950869560242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.81mg, Quercetin:

5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 449.3kcal (22.47%), Fat: 17.04g (26.21%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 42.61g (15.5%), Sugar: 7.44g (8.27%), Cholesterol: 74mg (24.67%), Sodium: 261.33mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Selenium: 47.97µg (68.53%), Vitamin A: 2857.43IU (57.15%), Vitamin B3: 7.73mg (38.67%), Manganese: 0.69mg (34.61%), Vitamin B6: 0.64mg (31.83%), Phosphorus: 312.95mg (31.3%), Iron: 4.38mg (24.36%), Zinc: 3.53mg (23.56%), Copper: 0.44mg (22.24%), Fiber: 5.18g (20.73%), Vitamin B12: 1.22µg (20.36%), Potassium: 683.32mg (19.52%), Vitamin B2: 0.31mg (17.95%), Vitamin E: 2.62mg (17.46%), Magnesium: 69.49mg (17.37%), Vitamin B1: 0.25mg (16.75%), Vitamin C: 13.13mg (15.92%), Vitamin B5: 1.53mg (15.26%), Vitamin K: 12.21µg (11.63%), Folate: 42.29µg (10.57%), Calcium: 94.28mg (9.43%), Vitamin D: 0.4µg (2.67%)