



 **53%**
HEALTH SCORE

Turkey Meatballs (Polpettone di Tachino)

READY IN



200 min.

SERVINGS



6

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices day-old bread
- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 0.5 cup cooking wine dry white
- 3 eggs
- 0.3 cup olive oil extra virgin
- 3 tablespoons thyme leaves dried fresh chopped
- 4 garlic cloves peeled thinly sliced
- 2 pounds ground turkey breast

- 0.5 pound turkey sausage fresh sweet italian
- 6 servings several gratings nutmeg
- 4 tablespoons olive oil extra-virgin
- 1 onion spanish chopped
- 0.3 cup parmigiano-reggiano
- 2 bunches parsley italian chopped
- 0.3 cup pecorino
- 0.3 pound pancetta cut into 1/8-inch dice
- 6 servings salt to taste
- 6 servings salt and pepper

Equipment

- frying pan
- sauce pan
- oven

Directions

- Soak the bread in water for 5 minutes, squeeze by hand to wring excess water, and add to turkey.
- Add the prosciutto, sausage, eggs, Parmigiano, 1/4 cup pecorino, 1/2 cup parsley, nutmeg and 4 tablespoons of olive oil and mix lightly. Season with salt and pepper and form the mixture into 3-inch balls.
- Place the balls on a sheet tray, cover with parchment and chill for 1 hour in the refrigerator. Preheat the oven to 375 degrees F. In a large, heavy-bottomed skillet, heat the remaining 4 tablespoons of oil to almost smoking and brown the meatballs in the oil on all sides.
- Add the tomato sauce and the wine and bake for 30 minutes.
- Serve with the remaining pecorino and parsley.
- In a 3-quart saucepan, heat the olive oil over medium heat.
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.

Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts

PROTEIN 31.04% **FAT 48.58%** **CARBS 20.38%**

Properties

Glycemic Index:63.08, Glycemic Load:11.16, Inflammation Score:-10, Nutrition Score:47.709130162778%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 41.07mg, Apigenin: 41.07mg, Apigenin: 41.07mg, Apigenin: 41.07mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 730.81kcal (36.54%), Fat: 39.39g (60.6%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 30.68g (11.16%), Sugar: 11.75g (13.06%), Cholesterol: 204.67mg (68.22%), Sodium: 1660.76mg (72.21%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 56.62g (113.24%), Vitamin K: 333.23µg (317.36%), Vitamin B3: 21.27mg (106.37%), Vitamin B6: 1.97mg (98.31%), Selenium: 65.37µg (93.39%), Vitamin C: 69.39mg (84.11%), Phosphorus: 675.68mg (67.57%), Vitamin A: 3196.83IU (63.94%), Iron: 11.33mg (62.94%), Manganese: 0.93mg (46.5%), Vitamin B2: 0.66mg (38.72%), Potassium: 1344.87mg (38.42%), Zinc: 5.36mg (35.7%), Vitamin E: 5.13mg (34.19%), Vitamin B1: 0.5mg (33.26%), Magnesium: 129.87mg (32.47%), Calcium: 303.91mg (30.39%), Folate: 115.63µg (28.91%), Vitamin B5: 2.88mg (28.77%), Fiber: 6.51g (26.03%), Copper: 0.48mg (23.93%), Vitamin B12: 1.32µg (22.01%), Vitamin D: 1.16µg (7.75%)