



Turkey Meatballs with Guava Sauce (Albóndigas de Pavo con Salsa de Guayaba)

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 2 large eggs beaten
- ☐ 1 clove garlic minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 pound pd of ground turkey
- ☐ 1 cup guava paste diced
- ☐ 1 tablespoon catsup
- ☐ 6 servings olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon paprika
- ☐ 6 servings salt and pepper

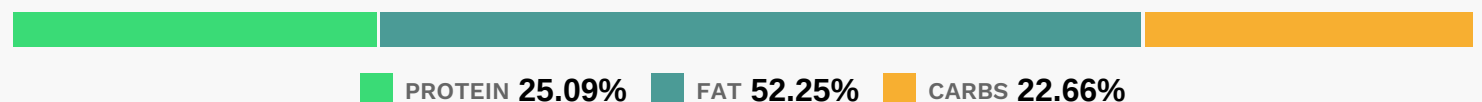
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Meatballs: In a medium bowl mix the turkey with all other ingredients. Form balls and place on a plate. In a large skillet heat the olive oil over medium high heat.
- ☐ Add meatballs and without moving or turning the meat, allow it to brown for about 3 minutes. Turn meatballs and brown other side.
- ☐ Place the butter in a sauce pan and sauté onion and garlic for about 2 minutes.
- ☐ Add the remaining ingredients and cook for about 7 minutes or until guava paste dissolves, stirring frequently.
- ☐ Remove from heat.
- ☐ Place in a blender and puree until smooth consistency.
- ☐ Place in a glass container until ready to serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:19.378260757612%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 385.81kcal (19.29%), Fat: 22.64g (34.83%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 19.43g (7.07%), Sugar: 6.27g (6.97%), Cholesterol: 114.81mg (38.27%), Sodium: 499.86mg (21.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin C: 69.57mg (84.33%), Vitamin B3: 9.61mg (48.03%), Vitamin B6: 0.8mg (40%), Selenium: 27.78µg (39.69%), Phosphorus: 267.25mg (26.72%), Vitamin B1: 0.28mg (18.71%), Vitamin E: 2.68mg (17.89%), Vitamin B2: 0.29mg (17.06%), Potassium: 500.27mg (14.29%), Folate: 54.88µg (13.72%), Manganese: 0.27mg (13.58%), Zinc: 2mg (13.31%), Iron: 2.21mg (12.29%), Vitamin B5: 1.2mg (12.01%), Vitamin K: 11.71µg (11.16%), Magnesium: 43.54mg (10.89%), Fiber: 2.66g (10.65%), Vitamin A: 529.92IU (10.6%), Copper: 0.21mg (10.31%), Vitamin B12: 0.6µg (10.08%), Calcium: 61.43mg (6.14%), Vitamin D: 0.64µg (4.24%)