



Turkey Meatballs with Penne

READY IN



48 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.3 pounds pd of ground turkey dark light (and meat)
- ☐ 14 ounce less-sodium beef broth fat-free divided canned
- ☐ 0.3 cup milk 1% low-fat

- ☐ 1 teaspoon oregano dried
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.5 ounces parmesan cheese fresh shredded
- ☐ 10 ounces penne pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 26 ounce tomato and basil pasta sauce

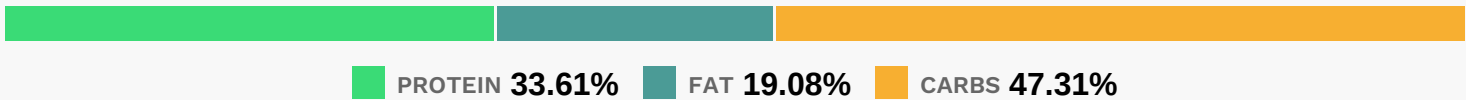
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 10 ingredients in a large bowl.
- ☐ Add 1/4 cup broth to mixture; stir well. Crumble turkey over breadcrumb mixture, mixing with hands just until blended. Shape mixture into 24 (1-inch) meatballs. Arrange meatballs in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Pour remaining beef broth into pan.
- ☐ Bake at 450 for 25 minutes or until done. Discard broth.
- ☐ Meanwhile, cook pasta according to package directions, omitting salt and fat.
- ☐ Heat pasta sauce in a saucepan over medium-high heat until thoroughly heated.
- ☐ Serve meatballs and sauce over pasta.
- ☐ Sprinkle each serving with shredded Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:14.39, Inflammation Score:-8, Nutrition Score:23.547825771829%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 482.11kcal (24.11%), Fat: 10.09g (15.52%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 50.07g (18.21%), Sugar: 11.31g (12.57%), Cholesterol: 94.96mg (31.65%), Sodium: 1103.1mg (47.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.97g (79.94%), Selenium: 59.94µg (85.63%), Vitamin B3: 11.28mg (56.42%), Vitamin B6: 0.99mg (49.34%), Phosphorus: 444.58mg (44.46%), Manganese: 0.61mg (30.67%), Potassium: 1006.22mg (28.75%), Vitamin K: 28.23µg (26.88%), Fiber: 6.19g (24.77%), Calcium: 239.04mg (23.9%), Vitamin A: 1039.91IU (20.8%), Zinc: 3.09mg (20.6%), Iron: 3.18mg (17.65%), Magnesium: 68.97mg (17.24%), Vitamin B2: 0.27mg (15.75%), Vitamin B1: 0.21mg (13.92%), Vitamin B5: 1.37mg (13.75%), Vitamin B12: 0.82µg (13.69%), Copper: 0.24mg (12.08%), Vitamin C: 7.84mg (9.5%), Folate: 34.54µg (8.64%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.34mg (2.25%)