



Turkey Meatballs with Quick And Spicy Tomato Sauce and Whole-Wheat Spaghetti

READY IN



50 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey meat
- ☐ 1 teaspoon chipotle en adobo and sauce canned finely minced to taste
- ☐ 0.3 cup torn basil leaves fresh
- ☐ 6 servings pepper black freshly ground
- ☐ 1 slice bread fresh whole-wheat
- ☐ 0.5 cup carrots finely grated
- ☐ 1 eggs lightly beaten
- ☐ 28 ounce canned tomatoes fire roasted crushed canned

- ☐ 2 tablespoons parsley leaves fresh minced plus more for garnish
- ☐ 1 sprig rosemary fresh
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 2 large cloves garlic minced
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 medium onion chopped
- ☐ 2 teaspoons oregano leaves finely chopped
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt
- ☐ 3 tablespoons tomato paste
- ☐ 16 ounces pasta like spaghetti whole-wheat

Equipment

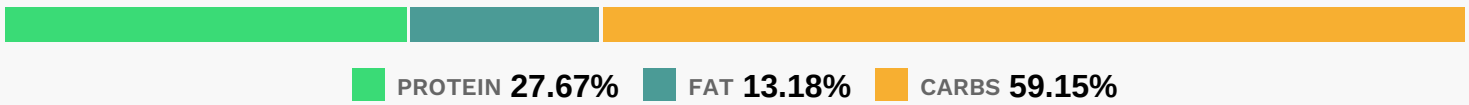
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Fill a large stockpot with water and bring to a boil for pasta.;
- ☐ In a 4-quart saucepan heat the oil over medium heat.
- ☐ Saute the onions until translucent, about 3 minutes, then add the garlic and cook for 1 minute more.

- ☐ Add tomato paste, tomatoes, chipotles, oregano, rosemary, and salt. Bring all the ingredients to a low boil, reduce heat and cook for approximately 15 minutes, until liquid has evaporated slightly. Season with salt and pepper, to taste. While sauce is cooking, make meatballs.
- ☐ Preheat the broiler. Spray a baking sheet with cooking spray.
- ☐ Combine the turkey with all other ingredients in a large work bowl. Form into 2 1/2 -inch balls and place on a baking sheet. Broil for 10 minutes, or until browned and almost entirely cooked through.
- ☐ Meanwhile, remove rosemary sprig from sauce and add fresh basil.
- ☐ Add the meatballs to the sauce, cover, and cook additional 10 minutes, or until sauce has slightly thickened and meatballs have absorbed some of the sauce. While the meatballs are cooking, cook the whole-wheat spaghetti according to package directions.
- ☐ Drain the pasta and return it to the pot.
- ☐ Add the sauce and meatballs, toss and heat through over medium heat. Divide evenly among 4 pasta bowls and garnish with parsley and 1 tablespoon grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:31.079565151878%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 472.17kcal (23.61%), Fat: 7.2g (11.07%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 72.67g (24.22%), Net Carbohydrates: 69.76g (25.37%), Sugar: 6.3g (7%), Cholesterol: 71.69mg (23.9%), Sodium: 951.51mg (41.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.98%), Manganese: 2.58mg (128.76%), Selenium: 77.51µg (110.73%), Vitamin B3: 11.98mg (59.89%), Vitamin A: 2736.15IU (54.72%), Vitamin B6: 0.96mg (47.87%), Phosphorus: 443.77mg (44.38%), Magnesium: 147.77mg (36.94%), Vitamin K: 34.61µg (32.96%), Vitamin B1: 0.48mg (31.69%), Iron: 5.29mg (29.38%), Zinc: 3.6mg (24.01%), Copper: 0.47mg (23.58%), Folate: 70.63µg (17.66%), Potassium: 605.5mg (17.3%), Vitamin B5: 1.69mg (16.94%), Calcium: 169.32mg (16.93%), Vitamin B2: 0.29mg

(16.83%), Vitamin C: 11.14mg (13.5%), Fiber: 2.91g (11.63%), Vitamin B12: 0.5µg (8.35%), Vitamin E: 1.07mg (7.14%),
Vitamin D: 0.47µg (3.13%)