



 13%
HEALTH SCORE

Turkey Meatballs with Sage and Cranberries

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup cranberries dried chopped
- 1 large eggs beaten
- 1.5 tablespoons sage fresh finely chopped
- 0.3 teaspoon marjoram
- 1 pound pd of ground turkey lean
- 10 ounces cranberries store-bought
- 1 tablespoon olive oil
- 0.5 cup onion finely chopped

- 2 tablespoons parmesan grated
- 0.3 cup pinenuts
- 0.8 teaspoon sea salt
- 0.3 cup swiss chard packed finely chopped
- 1 cup bread crumbs fresh whole-wheat

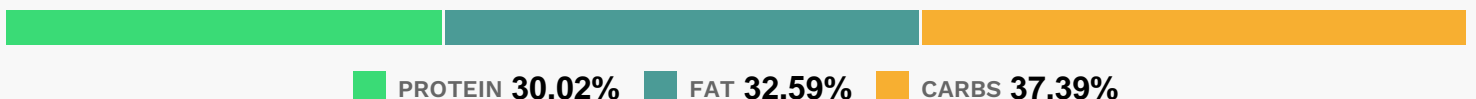
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat a small pan over medium heat; add pinenuts and stir until aromatic and light brown, a few minutes. In a bowl, combine all ingredients from turkey through pepper, being careful not to overmix. Cover and chill for at least 2 1/2 hours. (Chilling will help meatballs keep their shape while cooking.)
- Heat oven to 400°. Line a cookie sheet with parchment paper; brush paper with oil.
- Roll meat into 1-inch balls; place on baking sheet 1/2 inch apart.
- Bake until balls are brown and bounce back to the touch, and internal temperature reaches 165°, 10 to 15 minutes.
- Remove; let rest.
- Serve warm with chutney, if desired. DO AHEAD: These savory bites can be made up to 48 hours in advance. Store, covered, in the fridge; reheat at 250°F for 15 minutes.
- calories, 11 grams fat, 2 grams saturated fat, 23 grams carbohydrate, 3 grams fiber, 15 grams protein
- Self

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:15.860869480216%

Flavonoids

Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 209.78kcal (10.49%), Fat: 8.24g (12.68%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 17.89g (6.5%), Sugar: 6.31g (7.01%), Cholesterol: 55.28mg (18.43%), Sodium: 352.6mg (15.33%), Alcohol: 0g (100%), Protein: 17.08g (34.16%), Copper: 3.55mg (177.64%), Manganese: 0.78mg (39.03%), Vitamin B3: 5.84mg (29.21%), Vitamin B6: 0.54mg (26.94%), Selenium: 14.9µg (21.29%), Phosphorus: 190.52mg (19.05%), Vitamin K: 18.89µg (17.99%), Fiber: 3.39g (13.57%), Iron: 2.11mg (11.71%), Vitamin C: 8.91mg (10.8%), Zinc: 1.56mg (10.38%), Vitamin E: 1.49mg (9.93%), Magnesium: 38.44mg (9.61%), Potassium: 267.46mg (7.64%), Vitamin B5: 0.75mg (7.49%), Vitamin B2: 0.12mg (7%), Vitamin B12: 0.36µg (6%), Vitamin B1: 0.07mg (4.81%), Calcium: 35.12mg (3.51%), Vitamin A: 173.11IU (3.46%), Folate: 11.96µg (2.99%), Vitamin D: 0.36µg (2.39%)