



Turkey Meatballs with Spaghetti Squash in Tomato Sauce

READY IN

ready

130 min.

SERVINGS

servings

8

CALORIES

calories

648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ground turkey meat
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 1 bunch basil fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 loaf bread italian chopped
- ☐ 1 cup milk
- ☐ 3 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 1 cup parmesan grated
- ☐ 2 pounds spaghetti squash
- ☐ 16 ounce san marzano tomato sauce canned
- ☐ 8 servings vegetable oil for frying

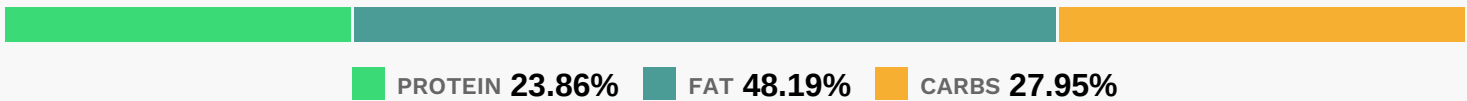
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F. Halve the squash lengthwise and remove the seeds.
- ☐ Place on a baking sheet, cut-side up. Roast the squash until softened, 30 to 40 minutes depending on size.
- ☐ Heat a large, deep skillet over medium heat and add the olive oil.
- ☐ Saute the garlic and onions until translucent.
- ☐ Add the tomatoes and simmer on low heat, about 45 minutes. In a large bowl, combine the turkey, bread, milk, Parmesan, basil and parsley and mix well. Form into 2-inch meatballs.
- ☐ Heat a few tablespoons of vegetable oil in a deep skillet over medium-high heat. Pan-fry the meatballs until browned on all sides. Cook in batches if needed.
- ☐ Transfer the meatballs to the tomato sauce and simmer until cooked through.
- ☐ Using a fork, remove the squash flesh from the skin and stir the squash into the tomato sauce.
- ☐ Serve the squash topped with meatballs.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:29.175217400426%

Flavonoids

Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 647.56kcal (32.38%), Fat: 35.32g (54.34%), Saturated Fat: 15.35g (95.94%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 40.48g (14.72%), Sugar: 26.45g (29.39%), Cholesterol: 74.53mg (24.84%), Sodium: 841.85mg (36.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.35g (78.7%), Vitamin K: 135µg (128.57%), Vitamin B3: 15.77mg (78.83%), Vitamin B6: 1.26mg (62.87%), Phosphorus: 448.86mg (44.89%), Selenium: 29.56µg (42.23%), Potassium: 1001.69mg (28.62%), Vitamin C: 21.78mg (26.4%), Vitamin A: 1292.71IU (25.85%), Calcium: 250.83mg (25.08%), Iron: 4.24mg (23.56%), Fiber: 5.62g (22.47%), Magnesium: 86.94mg (21.74%), Zinc: 3.13mg (20.83%), Folate: 81.9µg (20.48%), Vitamin B2: 0.35mg (20.4%), Vitamin E: 2.8mg (18.68%), Vitamin B5: 1.84mg (18.43%), Vitamin B1: 0.27mg (18.12%), Manganese: 0.33mg (16.44%), Vitamin B12: 0.89µg (14.88%), Copper: 0.29mg (14.55%), Vitamin D: 0.85µg (5.68%)