



Turkey Meatballs with Tomatoes and Basil

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pd of ground turkey (thigh meat if available)
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 eggs
- ☐ 0.5 cup bread crumbs
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons basil fresh minced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon fennel seeds

- ☐ 2 teaspoons rosemary fresh minced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup flour for dredging
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 jalapeño chile minced seeded
- ☐ 2 large garlic cloves minced
- ☐ 3 tablespoons chicken stock see
- ☐ 1.5 pounds canned tomatoes fresh crushed roughly chopped canned (can substitute a 28-ounce can of tomatoes)
- ☐ 0.3 cup basil fresh thinly sliced

Equipment

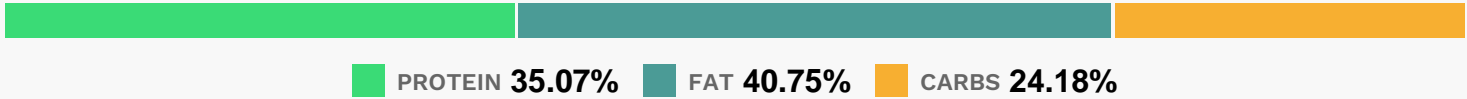
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Make the turkey meatball mix: In a large bowl, place the turkey, bread crumbs, sour cream, egg, minced basil, salt, minced rosemary, oregano, thyme, fennel seeds, and red pepper flakes. Gently mix together using your (clean) hands.
- ☐ Place flour in a shallow bowl or plate. Use the palms of your hands to form 1 1/2 to 2-inch wide meatballs.
- ☐ Roll the meatballs in the dredging flour and set them on a plate or tray. You should have about 18 to 22 meatballs.
- ☐ Brown the turkey meatballs in olive oil:
- ☐ Heat the olive oil over medium high heat in a large, shallow sauté pan. Gently place the meatballs in the pan. You may need to work in batches as to not crowd the pan.

- ☐ Once the meatballs are sizzling, reduce the heat to medium low and gently cook them on at least 3 sides, so that they get browned pretty much all over, and cooked through.
- ☐ Use a fork to nudge the meatballs in the pan. Cooking the meatballs should take about 10 minutes per batch. A gentle heat will ensure that the browned meatballs get cooked through.
- ☐ Use a slotted spoon to remove the meatballs from the pan to bowl, set aside.
- ☐ Make the sauce base:
- ☐ Add the jalapeño and garlic to the pan and cook for 1 minute.
- ☐ Add the white wine or chicken stock. Increase the heat to high and boil down the liquid to the point where a wooden spoon leaves a trail through the pan as you scrape it along the bottom of the pan.
- ☐ Return meatballs to pan, add tomatoes: Return the meatballs to the pan with the sauce and coat all over with the pan sauce.
- ☐ Add the fresh tomatoes and toss to coat. Cook for four minutes or until the tomatoes just begin to break down. Do not overcook the tomatoes.
- ☐ Remove the pan from the heat and stir in the fresh basil.
- ☐ Serve with fresh mozzarella, parmesan or pecorino cheese.
- ☐ Serve alone or with pasta, rice, or in a sandwich roll.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:9.42, Inflammation Score:-9, Nutrition Score:33.142173518305%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 540.05kcal (27%), Fat: 25.05g (38.54%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 28.61g (10.4%), Sugar: 9.69g (10.76%), Cholesterol: 151.77mg (50.59%), Sodium: 1619.16mg (70.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.5g (97.01%), Vitamin B3: 20.47mg (102.33%),

Vitamin B6: 1.82mg (90.77%), Selenium: 50.55µg (72.21%), Phosphorus: 529.35mg (52.94%), Vitamin K: 36.93µg (35.18%), Manganese: 0.66mg (33.17%), Potassium: 1140.83mg (32.6%), Iron: 5.72mg (31.78%), Vitamin E: 4.72mg (31.49%), Vitamin B1: 0.47mg (31.26%), Vitamin B2: 0.49mg (29.04%), Zinc: 4.08mg (27.17%), Magnesium: 102.6mg (25.65%), Copper: 0.51mg (25.38%), Vitamin B5: 2.38mg (23.82%), Vitamin C: 19.18mg (23.25%), Folate: 80.9µg (20.22%), Fiber: 4.84g (19.36%), Vitamin B12: 1.07µg (17.88%), Vitamin A: 892.23IU (17.84%), Calcium: 152.62mg (15.26%), Vitamin D: 0.9µg (6%)