



Turkey, Pine Nut, and Currant Meatballs

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup breadcrumbs fresh
- ☐ 0.3 cup currants dried
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 large garlic cloves finely chopped
- ☐ 1 pound ground turkey breast
- ☐ 1 small bunch kale chopped (tough stems discarded)
- ☐ 24 ounce tomatoes
- ☐ 1.5 tablespoons olive oil divided

- ☐ 4 tablespoons parmesan cheese divided finely grated
- ☐ 2 tablespoons pinenuts toasted chopped

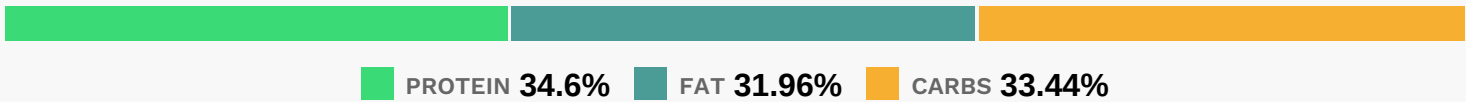
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, combine first 6 ingredients (through pine nuts), 2 tablespoons Parmesan, and pepper. Form into 24 (1 1/2-inch) meatballs.
- ☐ Heat 1 tablespoon oil in medium skillet over medium-high heat; brown meatballs in 2 batches (adding the remaining oil for second batch), turning after 3 minutes; transfer to a plate.
- ☐ Add kale and sauce to pan; bring to simmer.
- ☐ Place meatballs in skillet; simmer, uncovered, until cooked through and sauce is reduced (about 10 minutes), stirring occasionally.
- ☐ Sprinkle with remaining Parmesan; serve with a slice of crusty bread, if desired.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:24.84304361758%

Flavonoids

Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 259.53kcal (12.98%), Fat: 9.59g (14.76%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 18.93g (6.89%), Sugar: 8.92g (9.91%), Cholesterol: 44.48mg (14.83%), Sodium: 747.64mg (32.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.73%), Vitamin K: 97.03µg (92.41%), Vitamin A: 2761.89IU (55.24%), Vitamin B3: 9.88mg (49.39%), Vitamin B6: 0.85mg (42.25%), Manganese: 0.76mg (37.8%), Vitamin C: 28.98mg (35.12%), Selenium: 22.37µg (31.95%), Phosphorus: 284.88mg (28.49%), Potassium: 742.42mg

(21.21%), Vitamin B2: 0.31mg (18.37%), Vitamin E: 2.69mg (17.92%), Iron: 3.06mg (16.99%), Vitamin B1: 0.25mg (16.95%), Magnesium: 64.61mg (16.15%), Zinc: 2.26mg (15.08%), Fiber: 3.64g (14.57%), Copper: 0.29mg (14.57%), Calcium: 137.15mg (13.71%), Folate: 46.79µg (11.7%), Vitamin B5: 1.14mg (11.43%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.32µg (2.13%)