

# Turkey-Broccoli Rabe Meatballs

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*Parade Magazine - January 19, 2014*

## **Yield: 19 meatballs**

*2 1/2 cups blanched broccoli rabe,  
finely chopped*  
*1 pound ground turkey*  
*1 1/4 cups Parmesan cheese, grated*  
*1/2 cup plain dry bread crumbs*  
*1/2 teaspoon fennel seeds*  
*1 teaspoon red pepper flakes*  
*1 teaspoon Kosher salt*  
*1 teaspoon freshly ground pepper*  
*1 large beaten egg*  
*4 dashes Worcestershire sauce*  
*2 cloves garlic, minced*  
*2 tablespoons ketchup*

## **Bake: 25 minutes**

Preheat the oven to 425 degrees.

Blanch one small bunch of broccoli rabe in boiling salted water until just tender, about 4 minutes. Drain, squeeze out the water and pat dry before chopping. Measure out 2-1/2 cups. Reserve any remainder for other uses.

In a bowl, combine all of the ingredients.

Mix gently with your hands until just blended.

Roll into golf-ball-size rounds. Place on parchment-lined baking sheets.

Roast until cooked through and golden, about 20 to 25 minutes.

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Per Serving (excluding unknown items): 1184 Calories; 68g Fat (52.5% calories from fat); 122g Protein; 16g Carbohydrate; 1g Dietary Fiber; 437mg Cholesterol; 4552mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

Turkey

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1184	<b>Vitamin B6 (mg):</b>	1.7mg
<b>% Calories from Fat:</b>	52.5%	<b>Vitamin B12 (mcg):</b>	2.9mcg
<b>% Calories from Carbohydrates:</b>	5.6%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	41.9%	<b>Riboflavin B2 (mg):</b>	.8mg
<b>Total Fat (g):</b>	68g	<b>Folacin (mcg):</b>	45mcg
<b>Saturated Fat (g):</b>	29g	<b>Niacin (mg):</b>	17mg

**Monounsaturated Fat (g):** 23g  
**Polyunsaturated Fat (g):** 10g  
**Cholesterol (mg):** 437mg  
**Carbohydrate (g):** 16g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 122g  
**Sodium (mg):** 4552mg  
**Potassium (mg):** 1401mg  
**Calcium (mg):** 1475mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 12mg  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 1140IU  
**Vitamin A (r.e.):** 262 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 16 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 1184                      **Calories from Fat:** 621

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### % Daily Values\*

<b>Total Fat</b> 68g	104%
Saturated Fat 29g	146%
<b>Cholesterol</b> 437mg	146%
<b>Sodium</b> 4552mg	190%
<b>Total Carbohydrates</b> 16g	5%
Dietary Fiber 1g	6%
<b>Protein</b> 122g	
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<b>Vitamin A</b>	23%
<b>Vitamin C</b>	23%
<b>Calcium</b>	147%
<b>Iron</b>	43%

\* Percent Daily Values are based on a 2000 calorie diet.