



Revolutionary Infomercial
Secrets

Turkey Bulgur Meatballs

Recipe

Makes about 25, Serves 5

Ingredients

- ◆ 1 pound ground turkey
- ◆ 1/2 onion, grated
- ◆ 1/2 cup finely chopped fresh flat-leaf parsley
- ◆ 1/2 cup medium coarse bulgur
- ◆ 2 egg whites, lightly beaten, or 1 large egg
- ◆ 1/2 tablespoon Italian seasoning
- ◆ 1 teaspoon kosher salt
- ◆ 1/4 teaspoon ground black pepper

Directions

1. Preheat your oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
2. In a large bowl combine all the ingredients and mix well. Refrigerate for at least 1 hour.
3. Shape the meatballs with about 1 1/2 tablespoons of the mixture.
4. Bake in preheated oven for 20 - 30 minutes, or until cooked through and golden brown. Serve with sauce and pasta

*For vegetarian option cook 1 cup bulgur wheat in 2 cup of vegetable broth until all the liquid is absorbed. Omit egg and add 1 cup of black beans. Bake as stated above.

Nutritional Information



Shown here with Roasted Cherry Tomato Sauce and Herbed Whole Wheat Vegetable Pasta

Nutrition

Serving Size: **142 grams**
 Calories **283**
 Calories from fat **112**
 Total Fat **12.4 grams (19%)**
 Saturated Fat **3.2 grams (16%)**
 Trans Fat **0.0 grams**
 Cholesterol **94 mg (31%)**
 Sodium **588 mg (25%)**
 Total Carbohydrate **13.3 grams (4%)**
 Dietary Fiber **2.4 grams (10%)**
 Sugars **0.7 grams**
 Protein **28.2 grams**

225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Vitamins

Vitamin A: **10%**
 Vitamin C: **15%**
 Calcium: **4%**
 Iron: **14%**

Good Points

Very low in sugar
Very high in selenium

Nutrition Grade

B-