

Super Clean Turkey Meatballs

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-parsley-sage-thyme>

Ingredients:

- 1 onion small, sometimes I use a few green onions
- 2 garlic cloves
- 6 sage leaves fresh
- 6 basil leaves large
- 4 sprigs thyme
- 1 sprig rosemary
- 1/4 cup Italian parsley
- 1 handful arugula or spinach
- 1 pound ground turkey I like to use breast
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 3 tablespoons olive oil
- 4 cups tomato sauce your choice

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 95 milligrams
4. Fat: 28 grams
5. Fiber: 12 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 1760 milligrams
9. Sugar: 24 grams

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