

# Healthy Crockpot Mini Turkey Quinoa Meatballs

Yield: 45 min  
Total Time: 390 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-turkey-and-beef-italian-meatballs-recipe>

## Ingredients:

- 1 pound ground turkey breast 99% lean
- 1 pound ground turkey 94% lean
- 2/3 cup cooked quinoa preferably cooked in flavored stock
- 3 garlic cloves minced or pressed
- 1 large egg lightly beaten
- 2 tablespoons olive oil
- 2 tablespoons romano cheese finely grated
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 sweet onion large, sliced into thin rounds
- 56 ounces crushed tomatoes

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 20 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 100 milligrams

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