

Scott's Turkey Meatballs with Panko Bread Crumbs

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-panko-breadcrumbs-recipe>

Ingredients:

- 1 pound ground turkey
- 1 cup panko breadcrumbs or regular
- 1/2 cup Parmesan cheese
- 1 eggs lightly beaten
- 1 1/2 teaspoons italian seasoning
- 1/2 cup olive oil

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 110 milligrams

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