

Quick Bean and Turkey Italian Meatballs

Yield: 12 min
Total Time: 30 min

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

Ingredients:

- 15 ounces butter beans rinsed and drained
- 1 1/4 pounds ground turkey breast extra-lean
- 1 egg white beaten
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup Italian bread crumbs
- 1 tablespoon olive oil

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 240 milligrams
9. Sugar: 4 grams

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