

5 Turkey Meatballs



Ground turkey, extra lean (97272)	2 lbs.	900 g
Onions, peeled and chopped	2	300 g
Thyme	30 ml 2 tablespoons	5 g
Egg	1	50 g
Sauce		
Yogurt, plain	250 ml 1 cup	260 g
Thyme	10 ml 2 teaspoons	2 g
Lemon juice	15 ml 1 tablespoon	15 g

- : 10
- : 10 minutes
- : 15 minutes
- : yes

Nutrition Facts	
For 5 meatballs (100 g)	
Amount	% Daily Value
Calories 160	
Fat 8 g	12%
Saturated 2.5 g	
+ trans 0.1 g	13%
Polyunsaturated 1.5 g	
Omega-6 0.1 g	
Omega-3 0 g	
Monounsaturated 3 g	
Cholesterol 75 mg	25%
Sodium 100 mg	4%
Potassium 340 mg	10%
Carbohydrates 5 g	2%
Fibre 1 g	4%
Sugar 3 g	
Protein 18 g	
Vitamin A 21 RE	2%
Vitamin C 1 mg	2%
Calcium 61 mg	6%
Iron 1.2 mg	8%
Phosphorus 50.7 mg	4%

- 1 Preheat oven to 200 °C (400 °F).
- 2 Mix turkey with onions, thyme and egg.
- 3 Shape meatballs to measure 2 cm in diameter.
- 4 Bake for 15 minutes in the oven.
- 5 Mix yogurt, thyme and lemon juice to make sauce.
- 6 Dip meatballs in sauce and enjoy.

<p>Chef's Remarks</p> <p>We suggest that you cook pieces of sweet peppers along with the meatballs in the oven. Replacement product: ground pork (97262).</p>	<p>Canada's Food Guide Portions</p> <p>¼ serving of vegetables and fruit + 1 ¼ servings of meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>½ serving of vegetables + ¼ serving of milk and alternatives + 2 servings of meat and alternatives.</p>
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)