



Turkey Meatloaf Mini Meatball Recipe



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Servings: 30 mini turkey meatballs

*will freeze for up to 2-3 weeks

Contains: Nut Flour (if applicable)

Nutrition Facts

Serving size: 1 meatball (1/2 oz)

Servings: 30

Amount per serving

Calories	86
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.8g	4%
Cholesterol 29mg	10%
Sodium 120mg	5%
Total Carbohydrate 8.1g	3%
Dietary Fiber 2.3g	8%
Total Sugars 4.5g	
Protein 6.7g	
Vitamin D 1mcg	3%
Calcium 8mg	1%
Iron 2mg	10%
Potassium 433mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

*this is for almond flour not bread crumbs

Ingredients

- 2 lbs of ground antibiotic free ground turkey
- 3/4 cup almond flour
- 1 egg (optional)
- 1 teaspoon of garlic powder
- 1 teaspoon of sea salt
- 3 stalks of chopped organic celery
- 2 cups of chopped organic carrots
- 1/4 cup of chopped white onions
- 15 oz can of organic tomato paste
- 1 teaspoon of Italian seasoning

Instructions

- 1.) Preheat oven to 350 F degrees.
- 2.) For meatballs, pulverize carrots, celery and onions in food processor. Combine all ingredients in a large bowl and mix well. Try not to overwork, it will not hold form, if over worked.
- 3.) Form into small 1 inch balls and place on a baking sheet lined with parchment paper.
- 4.) If desired, refrigerate meatballs for about 15 minutes before baking.
- 5.) Bake for 20-30 minutes, check in between and flip.
- 6.) Top with Organic Ketchup

*Served with Mashed Sweet Potato and Berry Mix topped with Coconut Cream

