

# Teriyaki Glazed Turkey Meatballs

Prep Time 15 mins  
Total Time 35 mins  
Meal Type Lunch,Dinner,Side  
Contributed By LivingPlateRx  
Source Living Plate Teaching Kitchen  
Servings 5



## Ingredients

lb,c g,ml

- 1 1/2 cups scallions, *minced*
- 2 cloves garlic, *minced*
- 1 tsp ginger, *peeled and minced*
- 1 1/2 lb turkey, ground
- 3 1/2 Tbs almond flour
- 1 egg, *lightly beaten*
- 1 Tbs soy sauce can also use gluten free tamari sauce
- 1 tsp sesame oil
- 1 tsp sesame seeds for garnish
- 1/4 cup teriyaki sauce

## Directions

### Prep

1. Preheat your oven to 350°F and line a baking sheet with parchment paper.
2. Prep scallions, garlic, and ginger.

### Make

1. In a bowl, combine ground turkey, almond meal, beaten egg, scallions, garlic, soy sauce, sesame oil, and ginger. Add more almond meal if the mixture is too wet.
2. Shape the mixture into bite-sized meatballs [a small ice cream scoop makes this a snap] and place on a baking sheet.
3. Bake in the preheated oven for 20 minutes, or until cooked through.
4. Remove from oven and toss with teriyaki sauce and return to oven for 5 more minutes.
5. Sprinkle with sesame seeds and serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	376	Total Fat 19.8g	30%	Total Carbohydrates 12g	4%
		Saturated Fat 3.1g	15%	Dietary Fiber 4g	17%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 112mg	37%		
		Sodium 725mg	31%	Protein 41g	
Vitamin D 1mcg 7% · Calcium 344mg 34% · Iron 6mg 33% · Potassium 659mg 14%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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