Bacon Jalapeno Turkey Popper Meatballs

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Yield: 50 poppers

1 pound lean ground turkey (93% lean)

1/4 cup less-fat cream cheese

2 egg whites

3 slices turkey bacon, cooked and minced

3 jalapeno peppers, minced 1/2 cup panko bread crumbs

4 cloves garlic, pressed or minced

1/2 cup 2% Mexican cheese blend 1 tablespoon dried oregano

1 teaspoon chili powder

1 teaspoon Kosher salt

1/2 teaspoon black pepper

Preheat the oven to 350 dgerees.

In a large mixing bowl, combine all of the ingredients. Mix well. (Do not overmix or you will have tough meatballs.)

Using a one tablespoon scoop, scoop out the meat mixture and place on a baking sheet. When all the meat has been scooped, roll into balls. (TIP: If you gently wet your hands, the meatballs will form better and crack less.)

Bake for 20 to 22 minutes until lightly browned and cooked through.

Serve and enjoy.

Per Serving (excluding unknown items): 191 Calories; 9g Fat (42.4% calories from fat); 16g Protein; 13g Carbohydrate; 4g Dietary Fiber; 37mg Cholesterol; 2571mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Appetizers

Dar Carvina Mutritional Analysis

Calories (kcal):	191	Vitamin B6 (mg):	.4mg
% Calories from Fat:	42.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	9g	Folacin (mcg):	37mcg
(6)	•	Niacin (mg):	1mg
Saturated Fat (g):	2g	Caffeine (mg):	0mg
Monounsaturated Fat (g):	3g	Alcohol (kcal):	Õ
Polyunsaturated Fat (g):	2g	% Defuse:	n n%
Cholesterol (mg):	37mg		

1

Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg):	4g 16g 2571mg 458mg	Grain (Starch): Lean Meat: Vegetable:	1/2 2 1
Calcium (mg): Iron (mg): Zinc (mg):	129mg 4mg 2mg	Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 0 1 1/2
Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	26mg 1276IU 128RE		0

Nutrition Facts

Amount Per Serving				
Calories 191	Calories from Fat: 81			
	% Daily Values*			
Total Fat 9g	14%			
Saturated Fat 2g	12%			
Cholesterol 37mg	12%			
Sodium 2571mg	107%			
Total Carbohydrates 13g	4%			
Dietary Fiber 4g	18%			
Protein 16g				
Vitamin A	26%			
Vitamin C	44%			
Calcium	13%			
Iron	21%			

^{*} Percent Daily Values are based on a 2000 calorie diet.