



## NutraFiber® Flakes™

### High Fiber Turkey Meatballs



*What you need:*

1 lb lean ground turkey (7% fat)

1/4 cup water

1 large egg

1/3 cup NutraFiber® Flakes™

1 tbsp onion powder

1 tsp salt

1 tsp garlic powder

1 tbsp dry parsley

1/2 tsp white pepper



#### *Instructions:*

1. Preheat oven to 350 °F.
2. Mix all ingredients gently in a large bowl until well combined; let mixture sit for 5 minutes.
3. Roll into 1 1/2 inch meatballs.
4. Place meatballs on slightly greased cookie sheets 1 1/2 inches apart.
5. Bake meatballs for 20 to 25 minutes or until no longer pink inside.

Yield: Approximately 20 meatballs.

Nutritional Information Serving size: 3.0 oz (85 g)	Amount per serving
Total Carbohydrate, g	4.4
Total Fiber, g	2.6
Net Carbohydrate, g	1.8
Total Protein, g	12.3
Total Fat, g	5.9
Total Calories, kcal	114.0