Table of Contents

- Description
- Can This Chicken (or Turkey) Stuffing Meatballs with Gravy Support Weight Loss Goals?
- Does Chicken (or Turkey) Stuffing Meatballs with Gravy Fit a High-Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You’ll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
- Ingredients:
- Directions:
- Nutrition Facts (Per Serving – Approximate):
- Notes:

Description

These Chicken (or Turkey) Stuffing Meatballs with Gravy bring all the comfort of a traditional holiday feast into a simple weeknight meal. Tender ground poultry is infused with classic herb stuffing flavors, baked to juicy perfection, and smothered in a rich, savory gravy. It is a satisfying, low-carb friendly meal that delivers big flavor while supporting your daily wellness goals.

Can This Chicken (or Turkey) Stuffing Meatballs with Gravy Support Weight Loss Goals?

Yes, this dish supports weight loss goals by leveraging lean ground meat to deliver high protein satiety without excessive calories. The elevated protein content helps manage appetite and keep you feeling full longer, which minimizes overeating. Paired with a lightened-up gravy, it provides hearty comfort food flavor while aligning with balanced calorie-conscious meal plans.

Does Chicken (or Turkey) Stuffing Meatballs with Gravy Fit a High-Protein Lifestyle?

These meatballs fit seamlessly into a high-protein routine by using lean ground turkey or chicken as the core base. By keeping breading additions minimal or utilizing low-carb stuffing mixes, the recipe maintains a favorable net carb count per serving. The combination of dense poultry protein and savory gravy makes it an ideal option for muscle recovery and meal prep. It satisfies classic comfort food cravings while effortlessly meeting daily protein targets.

My Personal Experience

- Comfort Food Made Healthy

  The poultry absorbs the herb seasoning completely, creating a juicy interior that tastes just like traditional holiday stuffing.

- Perfect for Meal Prep Containers

  Reheating these meatballs in gravy keeps them tender without drying out, making weekday lunches effortless and delicious.

Perfect For:

- High-protein meal prep dinners for busy workweeks
- Low-carb comfort food cravings without heavy pasta or potatoes
- Healthy holiday-inspired family dinners
- Post-workout meals requiring high protein and moderate carbs

Why You’ll Love This Recipe:

- Rich Holiday Flavors

  Combines sage, thyme, and onion with savory poultry to deliver classic stuffing flavor in

every bite.

- Tender and Moisture-Packed

  Baking the meatballs directly in gravy ensures they stay moist, tender, and flavor-infused without drying out.

Common Mistakes to Avoid:

1. Over-mixing the Meat Mixture: Handling the ground poultry too aggressively results in dense, rubbery meatballs instead of tender ones.

2. Using Extra Lean Meat Without Added Moisture: Using 99% fat-free meat without adding an egg or broth can make the meatballs dry.

3. Overcrowding the Pan: Packing meatballs too tightly while searing steams them instead of creating a flavorful browned crust.

4. Boiling the Gravy Too Softly: Failing to simmer the gravy enough leaves it runny rather than rich and coatable.

Required Equipment:

- Large Baking Sheet or Skillet — Provides ample space for roasting or searing meatballs evenly.

- Mixing Bowl — Allows uniform combining of spices and meat without overworking the mixture.

- Whisk — Ensures a smooth, lump-free gravy while simmering on the stove.

Storage Instructions:

Allow leftover meatballs and gravy to cool completely before transferring to airtight glass

containers. Store in the refrigerator for up to 4 days. For freezer storage, place meatballs and gravy in a freezer-safe container or sealable pouch for up to 2 months; thaw overnight in the fridge and reheat gently on the stovetop.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4 servings (approx. 4 meatballs per serving)
- Best Season for This Recipe: Fall & Winter (Enjoyable all-season)
- Total Calories (Per Serving): ~310 kcal (approximate estimate)

Warm, herb-seasoned poultry meatballs simmered in smooth, savory gravy. Packed with comforting holiday flavors and high-protein goodness for a wholesome dinner. Quick to assemble and perfect for low-carb meal planning.

 Ingredients:

- 1 lb (450g) lean ground chicken or ground turkey (93/7 blend recommended)
- 1/2 cup low-carb or traditional crushed stuffing mix (or almond flour for lower carbs)
- 1 large egg
- 1/4 cup finely yellow onion, diced
- 1/2 tsp dried sage

- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1.5 cups low-sodium chicken broth (for gravy)
- 1 tbsp cornstarch or xanthan gum (for thickening gravy)
- 1 tbsp olive oil or butter (for cooking)

Directions:

1. Prep & Mix: Preheat oven to 400°F (200°C) and line a baking tray with parchment paper. In a large bowl, gently combine ground meat, egg, stuffing crumbs, onion, sage, thyme, garlic powder, salt, and pepper until just incorporated.
2. Shape Meatballs: Roll the mixture into 16 equal-sized meatballs (about 1.5 inches each) and arrange them evenly on the prepared baking tray.
3. Bake Meatballs: Bake at 400°F (200°C) for 15–18 minutes until lightly golden and the internal temperature reaches 165°F (74°C). *(High-Protein Tip: Broil for the final 2 minutes for an extra browned outer crust).*
4. Prepare Gravy Base: While meatballs bake, heat oil or butter in a skillet over medium heat. Whisk cornstarch into 2 tablespoons of cold broth to form a slurry.
5. Simmer Gravy: Pour remaining chicken broth into the skillet and bring to a gentle simmer over medium-high heat. Stir in the slurry and cook for 3–4 minutes until gravy thickens to a glossy consistency.
6. Combine & Serve: Transfer baked meatballs into the warm gravy, spooning gravy over

top. Simmer together for 2 minutes to let flavors meld before serving.

Nutrition Facts (Per Serving – Approximate):

- Calories: 310 kcal
- Fats: 13 g
- Cholesterol: 115 mg
- Sodium: 590 mg
- Potassium: 380 mg
- Total Carbohydrates: 12 g
- Fiber: 1 g
- Net Carbs: 11 g
- Sugars: 2 g
- Protein: 34 g
- Calcium: 45 mg

Notes:

- Storage & Reheating: Warm leftovers in a covered pan over low heat with a splash of broth to keep gravy smooth.
- Allergy Note: Contains egg and wheat (if using traditional stuffing mix); swap stuffing for almond flour for a gluten-free version.

- Flavor Boost: Add a splash of Worcestershire sauce or a teaspoon of poultry seasoning to the gravy for deeper flavor.