Healthy DOG EATS with dr. cos

Mini Meatballs with Cranberry Sauce

Servings: 36 mini meatballs

Meatballs:

l pound ground turkey
l cup grated zucchini
l cup grated carrots
2 tablespoons minced parsley
4 ounces feta cheese

Cranberry Sauce:

2 cups fresh cranberries
l/3 cup water
l/3 cup maple syrup

Turkey Meatball Nutrition Facts

Nutrition Facts

Amount per 90 g
1 serving (3.2 oz)

Calories 143
From fat 71

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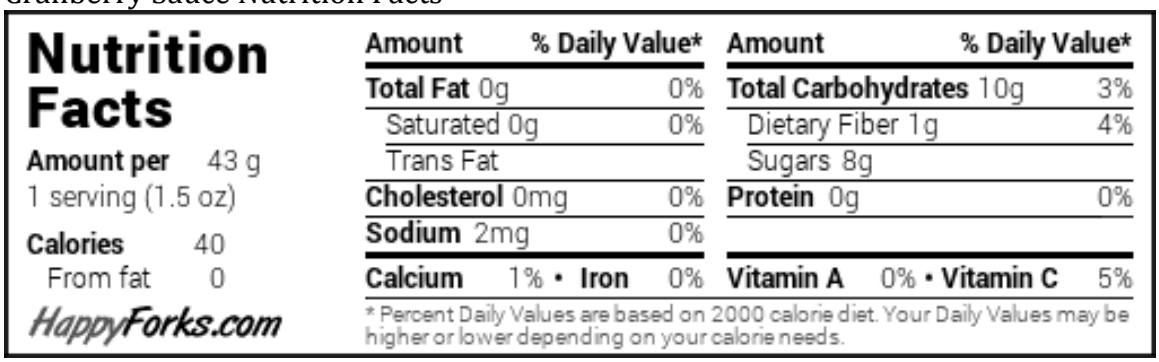
Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 8g	12%	**Total Carbohydrates** 2g	1%
Saturated 3.2g	16%	Dietary Fiber 1g	2%
Trans Fat 0.1g		Sugars 1g	
Cholesterol 58mg	19%	**Protein** 16g	32%
Sodium 165mg	7%		
Calcium 8% • **Iron** 6%		**Vitamin A** 45% • **Vitamin C** 7%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Cranberry Sauce Nutrition Facts



Nutrition Facts

Amount per 43 g
1 serving (1.5 oz)

Calories 40
From fat 0

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 0g	0%	**Total Carbohydrates** 10g	3%
Saturated 0g	0%	Dietary Fiber 1g	4%
Trans Fat		Sugars 8g	
Cholesterol 0mg	0%	**Protein** 0g	0%
Sodium 2mg	0%		
Calcium 1% • **Iron** 0%		**Vitamin A** 0% • **Vitamin C** 5%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Meatballs:
Preheat oven to 375 degrees.
Combine turkey, carrots, zucchini, parsley and feta cheese. Do not over mix. Using small cookie scoop roll meatballs into 36 pieces and place on parchment lined backing pan. Bake until internal temperature reaches 165 degrees, approximately 15 minutes depending on individual oven.
Cranberry Sauce:
Combine cranberries and water in a sauce pan and bring to a boil. Lower heat and add maple syrup. Cook on low until cranberries burst. Place in another container and chill until set. (about 15 minutes)

Turkey-Turkey contains the amino acid tryptophan. This is said to be the cause of people wanting to nap after a big Thanksgiving dinner.
While it is true that turkey contains tryptophan, it does not have a high enough amount to cause sleepiness. In fact, all meats contain tryptophan. Eating turkey at Thanksgiving should not make you any more drowsy than eating a pork chop on an ordinary evening. The tryptophan content in turkey may help to support healthy levels of serotonin in the body, which promotes alertness and good mood. While quantities are low, this is a possible benefit of eating turkey. (1)

Zucchini- Cancer Prevention: The zucchini has valuable antioxidants for the organism, as we have detailed previously. These phenolic compounds, carotenes and flavonoids help fight the damaging effects of free radicals and at the same time participate in the prevention of certain types of cancer prevention and cardiovascular diseases. Help to lose weight: This vegetable consists of 95% water and contains fewer calories than tomatoes. It is refreshing, light and contributes to hydration. It only has 15 calories per 100 grams and its glycemic index is equally scarce. (2)

Feta cheese- As a rich source of calcium, feta cheese allows you to take advantage of research suggesting that calcium (combined with vitamin D) helps protect the body against various types of cancer. Don't forget that magnesium is vital for calcium absorption. If you have a magnesium deficiency, your body is not properly absorbing the calcium you consume, which means you won't get its full health

benefits. The protein alpha-lactalbumin can be found in this Greek cheese as well, and when it binds to calcium and zinc ions, has been suggested to have antibacterial and antitumor properties. Feta cheese also supports bone health and boosts the immune system. (3)

Carrots-Carrots contain a banquet of essential and beneficial nutrients that include vitamins A, C, K, folate, and choline and the minerals calcium, magnesium, phosphorous, potassium, and sodium. Carrots also harbor carotenoids and polyphenols that, along with the abundant vitamins and minerals, provide antioxidant, anti-cancer, and immune enhancing properties. Such characteristics are a true testimony to the fact that food really can serve as medicine. (4)

Parsley-Parsley is healthy for dogs to eat and can freshen their breath, help with urinary tract infections, and also provide itch relief. Parsley contains vitamin A, vitamin C, folic acid, and antioxidants. It shouldn't be used as the primary source for consuming these nutrients, and avoid feeding parsley to pregnant dogs or dogs with kidney issues.

Cranberries- can improve your dog's bladder health, reduce tartar and plaque buildup, fight bacteria, and help prevent cancer, among other benefits. ... To avoid this and other risks, pet owners should talk to their veterinarian before adding cranberry to their dog's diet. (5)

Maple Syrup-You may be surprised to learn that maple syrup is considered one of the world's healthiest foods. This tasty syrup comes from the sap of sugar, black or red maple trees, though more exotic syrups, like birch, are also now available.

Maple syrup contains fewer calories than honey and an even higher concentration of minerals. It offers "sweet support for your immune system". Maple syrup is an excellent source of manganese and a good source of zinc. Manganese is an essential co-factor in a number of enzymes critical to energy production and antioxidant defenses. Even superoxide dismutase requires manganese. Zinc and manganese work together to support the immune system, lessening inflammation and acting as an immuno-stimulant.(6) (7)

References:

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(4) The Anti Cancer Properties of Carrots http://reset.me/story/the-anti-cancer-properties-of-carrots/

(5) https://www.petmd.com/dog/nutrition/healthy-foods-checklist-cranberry-dogs

(6) Sugar alternatives for Dogs https://animalwellnessmagazine.com/sugar-alternatives/

(7) Maple Syrup Is A Cancer Killer, Study Suggests http://www.greenmedinfo.com/blog/maple-syrup-cancer-killer-study-suggests

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(9) http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice

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