



Adobo-Glazed Mini Turkey Loaves

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce
- ☐ 0.3 cup vanilla almond milk unsweetened
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 egg whites
- ☐ 0.5 pound pd of ground turkey dark (meat)
- ☐ 0.5 pound ground turkey breast

- ☐ 1 teaspoon honey
- ☐ 0.5 juice of lime
- ☐ 3 tablespoons chicken broth low-sodium
- ☐ 0.5 cup peas frozen
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 1 slice wheat bread light cut into 1/2-inch pieces
- ☐ 4.5 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ muffin tray

Directions

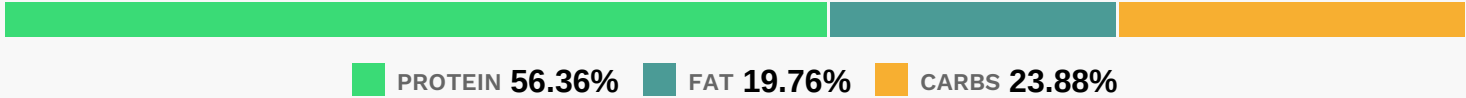
- ☐ Heat oven to 350&Deg;F.
- ☐ Loaves
- ☐ Soak bread and milk in a bowl for 10 minutes.
- ☐ Combine remaining loaf ingredients in another bowl; add bread and milk; mix well. Scoop 1/3 cup of mixture into each of 7 nonstick muffin tin cups.
- ☐ Bake 10 minutes.
- ☐ While loaves bake, prepare glaze by combining all glaze ingredients in a bowl; also make sauce for enchilada bake. While loaves bake, prepare glaze by combining all glaze ingredients in a bowl; also make sauce for enchilada bake.
- ☐ Spread 1 tablespoon glaze on each loaf. Continue to bake until internal temperature reaches 160°F, 15 to 20 minutes more.
- ☐ While baking, begin ragout and Thai soup.
- ☐ Remove loaves from oven; let cool. Set aside 3 loaves for the shepherd's pie. If not serving immediately, cover remaining loaves and freeze. To reheat Microwave on high 3 minutes or

bake at 375°F for 30 minutes.

☐

 Self

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:9.7269565644472%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.45kcal (6.27%), Fat: 2.79g (4.3%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.27g (2.28%), Sugar: 3.05g (3.38%), Cholesterol: 35.64mg (11.88%), Sodium: 1151.27mg (50.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.83%), Vitamin B3: 7.07mg (35.36%), Vitamin B6: 0.6mg (30.12%), Selenium: 18.13µg (25.91%), Phosphorus: 182.11mg (18.21%), Potassium: 364.72mg (10.42%), Zinc: 1.43mg (9.55%), Manganese: 0.18mg (8.95%), Vitamin B2: 0.15mg (8.68%), Vitamin C: 7.1mg (8.61%), Magnesium: 32.04mg (8.01%), Iron: 1.41mg (7.81%), Vitamin B5: 0.64mg (6.42%), Vitamin B1: 0.09mg (6.32%), Vitamin B12: 0.34µg (5.74%), Copper: 0.11mg (5.48%), Fiber: 1.32g (5.28%), Vitamin A: 258.69IU (5.17%), Vitamin K: 4.5µg (4.29%), Folate: 16.06µg (4.02%), Vitamin E: 0.58mg (3.9%), Calcium: 37.44mg (3.74%), Vitamin D: 0.26µg (1.73%)