



## Bacon-Wrapped Turkey Meatloaf

READY IN



95 min.

SERVINGS



10

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices bacon
- 1 cup double cheddar cheese shredded kraft
- 2 tablespoons dijon mustard
- 1 eggs
- 5 green onions chopped
- 1.8 pounds pd of ground turkey lean
- 1.5 cups milk
- 120 g stove top lower sodium stuffing mix for chicken

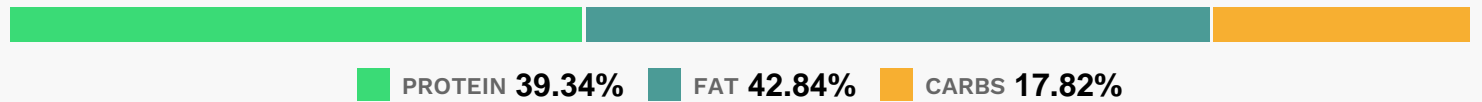
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 400 degrees F.
- Add milk to stuffing mix in large bowl; stir just until moistened.
- Add all remaining ingredients except bacon; mix lightly.
- Shape into 10x6-inch loaf in 13x9-inch baking dish. Arrange bacon slices in lengthwise fashion on top of loaf, overlapping slices as necessary to completely cover top.
- Bake 55 min. to 1 hour or until done (170 degrees F).
- Let stand 10 min. before removing from dish and slicing to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.9, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:14.055652115656%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 268.37kcal (13.42%), Fat: 12.74g (19.6%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.26g (4.09%), Sugar: 2.99g (3.32%), Cholesterol: 84.55mg (28.18%), Sodium: 424.49mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.64%), Selenium: 32.26µg (46.08%), Vitamin B3: 9.02mg (45.12%), Vitamin B6: 0.78mg (38.85%), Phosphorus: 319.01mg (31.9%), Vitamin B2: 0.27mg (15.87%), Zinc: 2.33mg (15.52%), Calcium: 148.26mg (14.83%), Vitamin B12: 0.83µg (13.83%), Vitamin B1: 0.19mg (12.78%), Vitamin K: 12.99µg (12.37%), Potassium: 380.56mg (10.87%), Vitamin B5: 1.08mg (10.84%), Magnesium: 40.01mg (10%), Folate: 35µg (8.75%), Iron: 1.35mg (7.52%), Vitamin D: 0.93µg (6.19%), Vitamin A: 283.2IU (5.66%), Manganese: 0.1mg (5.17%), Copper: 0.09mg (4.73%), Fiber: 0.67g (2.68%), Vitamin E: 0.35mg (2.34%), Vitamin C:

1.14mg (1.38%)