



BBQ Turkey Meatloaf

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 1.5 cups bread crumbs
- 1 teaspoon crab boil seasoning (recommended: Old Bay)
- 1 large eggs lightly beaten
- 2 cloves garlic chopped
- 0.5 tablespoon ground mustard
- 0.5 tablespoon ground pepper fresh black
- 2 cups catsup

- 2 pounds pd of ground turkey lean
- 1 tablespoon juice of lemon
- 5 tablespoons brown sugar light
- 1 tablespoon olive oil
- 0.5 tablespoon onion powder
- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 1 medium bell pepper red chopped
- 1 cup onion red chopped
- 8 servings salt and pepper black freshly ground
- 3 tablespoons soya sauce
- 0.8 cup sugar
- 5 tablespoons sugar
- 1 cup water
- 1 tablespoon worcestershire sauce

Equipment

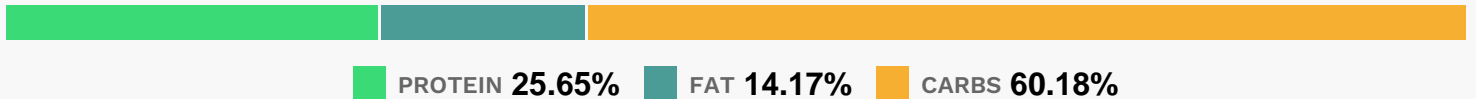
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- loaf pan
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- In a large bowl, mix BBQ seasoning, crab boil seasoning, soy sauce, beaten egg, 1 cup of the BBQ sauce and Worcestershire sauce.

- In a saute pan over medium-high heat, add olive oil.
- Add onion, bell pepper, salt and pepper and garlic.
- Saute until tender.
- Remove from heat and add to wet mix.
- Pour mixture into bowl with the ground turkey.
- Add bread crumbs and mix all together with your hands.
- Transfer the meat mixture to a cookie sheet or baking pan. Using your hands, shape the meat into an oblong or rectangular shape. *Cook's Note: Alternately, you can pat the meat into a 9 by 5-inch loaf pan and pour 1/2 cup of BBQ sauce on the top of the loaf.
- Bake for 35 minutes.
- Remove and add the reserved 1/2 cup of BBQ sauce to the top and continue to bake for 20 more minutes.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:45.4, Glycemic Load:19.74, Inflammation Score:-10, Nutrition Score:35.226956626643%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 517.75kcal (25.89%), Fat: 8.69g (13.38%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 83.09g (27.7%), Net Carbohydrates: 73.44g (26.71%), Sugar: 51.83g (57.58%), Cholesterol: 85.62mg (28.54%), Sodium: 1186.69mg

(51.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.84%), Vitamin A: 10821.14IU (216.42%), Vitamin B6: 1.66mg (83.12%), Vitamin B3: 15.76mg (78.82%), Selenium: 35.81µg (51.16%), Vitamin E: 7.47mg (49.78%), Manganese: 0.84mg (42.24%), Phosphorus: 421.67mg (42.17%), Iron: 7.27mg (40.39%), Fiber: 9.65g (38.61%), Vitamin B2: 0.62mg (36.5%), Potassium: 1179.28mg (33.69%), Vitamin C: 25.33mg (30.7%), Vitamin B1: 0.39mg (25.89%), Magnesium: 102.16mg (25.54%), Zinc: 3.67mg (24.45%), Vitamin K: 24.28µg (23.12%), Copper: 0.39mg (19.4%), Vitamin B5: 1.89mg (18.93%), Folate: 65.01µg (16.25%), Calcium: 138.54mg (13.85%), Vitamin B12: 0.7µg (11.75%), Vitamin D: 0.58µg (3.86%)