



Best Turkey Meatloaf

READY IN



75 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.8 cup buttery round crackers crushed
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 pounds pd of ground turkey
- ☐ 0.5 cup catsup
- ☐ 0.5 cup milk
- ☐ 1 small onion chopped

- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon worcestershire sauce

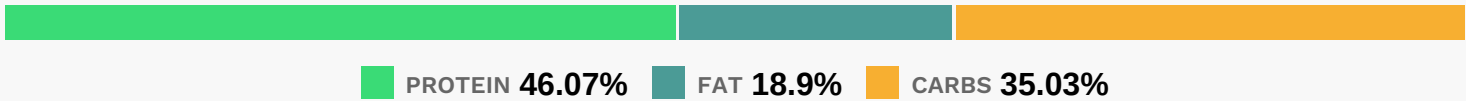
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a jelly roll pan.
- ☐ Mix ground turkey, buttery round cracker crumbs, milk, onion, egg, salt, garlic, and black pepper in a bowl; shape into a loaf and place on the prepared jelly roll pan.
- ☐ Mix ketchup, brown sugar, and Worcestershire sauce in a separate bowl; set aside.
- ☐ Bake meatloaf in preheated oven for 30 minutes; remove from oven and drain liquids. Top meatloaf with ketchup topping. Return loaf to oven and continue baking until no longer pink in the center, about 30 minutes more. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:10.76173900003%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 187.63kcal (9.38%), Fat: 4g (6.16%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 16.34g (5.94%), Sugar: 11.67g (12.96%), Cholesterol: 69.07mg (23.02%), Sodium: 708.71mg (30.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.92%), Vitamin B3: 8.8mg (44.02%), Vitamin B6: 0.8mg (39.87%), Selenium: 21.39µg (30.55%), Phosphorus: 243.94mg (24.39%), Zinc: 1.72mg (11.48%), Vitamin B2: 0.18mg (10.67%), Potassium: 373.05mg (10.66%), Vitamin B5: 0.94mg (9.43%), Vitamin B12: 0.56µg (9.42%), Magnesium: 32.25mg (8.06%), Iron: 1.26mg (6.99%), Vitamin B1: 0.1mg (6.47%), Calcium: 47.2mg (4.72%), Manganese: 0.09mg (4.49%), Copper: 0.09mg (4.37%), Folate: 16.72µg (4.18%), Vitamin D: 0.62µg (4.12%), Vitamin E: 0.54mg (3.63%), Vitamin K: 3.5µg (3.33%), Vitamin A: 154.88IU (3.1%), Vitamin C: 1.77mg (2.15%), Fiber: 0.35g (1.42%)