



Better-for-You Turkey Meatloaf

 Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 15.5 oz canned tomatoes with green peppers and onions, drained canned
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup bell pepper diced green
- ☐ 16 oz ground turkey sausage reduced-fat
- ☐ 2 pounds pd of ground turkey lean
- ☐ 0.8 cup milk
- ☐ 0.8 cup onion finely chopped

- ☐ 0.8 cup quick-cooking oats uncooked
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon mustard yellow

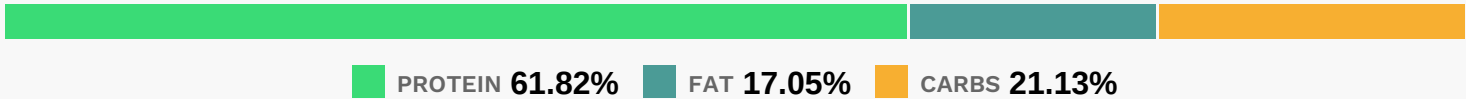
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 8 ingredients in a medium bowl.
- ☐ Add ground turkey and sausage; combine mixture just until blended, using hands.
- ☐ Place mixture on a lightly greased rack in an aluminum foil-lined broiler pan; shape mixture into a 10- x 5-inch loaf. Top with stewed tomatoes, and sprinkle with brown sugar.
- ☐ Bake at 350 for 1 hour and 35 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove from oven; let stand 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.83, Inflammation Score:-5, Nutrition Score:18.63043459602%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg,

Kaempferol: 0.08mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 222.65kcal (11.13%), Fat: 4.3g (6.62%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.18g (3.7%), Sugar: 5.62g (6.24%), Cholesterol: 95.64mg (31.88%), Sodium: 403.11mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.22%), Vitamin B3: 13.9mg (69.52%), Vitamin B6: 1.3mg (64.92%), Selenium: 34.55µg (49.35%), Phosphorus: 386.54mg (38.65%), Zinc: 2.89mg (19.27%), Manganese: 0.39mg (19.26%), Potassium: 640.17mg (18.29%), Magnesium: 70.41mg (17.6%), Vitamin C: 14.14mg (17.14%), Vitamin B5: 1.54mg (15.37%), Vitamin B12: 0.84µg (13.96%), Vitamin B2: 0.23mg (13.53%), Iron: 2.16mg (12.03%), Vitamin B1: 0.18mg (11.76%), Copper: 0.2mg (10.12%), Fiber: 1.82g (7.29%), Folate: 24.48µg (6.12%), Vitamin D: 0.85µg (5.64%), Calcium: 54.84mg (5.48%), Vitamin E: 0.8mg (5.3%), Vitamin A: 228.43IU (4.57%), Vitamin K: 3.49µg (3.33%)