



## Cheesy Stuffed Meatloaf

READY IN



75 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pd of ground turkey 90% lean (at least )
- 0.5 lb ground sausage italian
- 0.3 cup parmesan shredded
- 0.5 cup breadcrumbs dry
- 0.3 cup onion finely chopped
- 2 tablespoons basil dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper

- 1 clove garlic finely chopped
- 0.5 cup milk
- 1 tablespoon worcestershire sauce
- 1 eggs
- 8 oz mozzarella cheese cut into 1/2-inch cubes
- 0.7 cup pasta sauce
- 0.3 cup parmesan shredded
- 2 tablespoons basil dried fresh chopped
- 0.3 teaspoon pepper

## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 350°F. In large bowl, mix all ingredients except topping. Line ungreased 13x9-inch pan with foil. Shape meatloaf mixture into 9x5-inch loaf on foil in pan. In small bowl, mix all topping ingredients; spread over top and sides of loaf.
- Insert ovenproof meat thermometer so tip is in center of loaf.
- Bake uncovered 45 to 50 minutes or until meat is no longer pink in center and thermometer reads 165°F.
- Let stand 5 minutes; remove from pan.

## Nutrition Facts

**PROTEIN 34.96%** **FAT 53.19%** **CARBS 11.85%**

## Properties

Glycemic Index:52.17, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:23.860434822414%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 439.36kcal (21.97%), Fat: 26.01g (40.01%), Saturated Fat: 11.76g (73.5%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.02g (4.01%), Sugar: 3.62g (4.02%), Cholesterol: 135.55mg (45.18%), Sodium: 1131.48mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.92%), Selenium: 40.01µg (57.15%), Phosphorus: 487.53mg (48.75%), Vitamin B3: 9.69mg (48.47%), Vitamin K: 48.52µg (46.21%), Vitamin B6: 0.9mg (44.82%), Calcium: 414.53mg (41.45%), Vitamin B12: 1.9µg (31.63%), Vitamin B1: 0.39mg (26.25%), Zinc: 3.93mg (26.22%), Iron: 4.69mg (26.04%), Vitamin B2: 0.43mg (25.4%), Manganese: 0.46mg (22.91%), Magnesium: 70.74mg (17.69%), Potassium: 602.18mg (17.21%), Vitamin B5: 1.31mg (13.08%), Vitamin A: 553.14IU (11.06%), Copper: 0.21mg (10.49%), Folate: 37.9µg (9.48%), Fiber: 2.01g (8.02%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.87µg (5.77%), Vitamin C: 3.71mg (4.5%)