



Cheesy Turkey Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style divided kraft finely
- 1 eggs beaten
- 2 cloves garlic minced
- 0.3 tsp ground pepper black
- 2 lb ground turkey breast
- 1 Tbsp olive oil
- 1 bell pepper red chopped
- 1 small onion red chopped
- 36 ritz crackers crushed

- 3 Tbsp lite soy sauce
- 0.8 cup heinz tomato ketchup divided
- 0.3 tsp lea & perrins worcestershire sauce

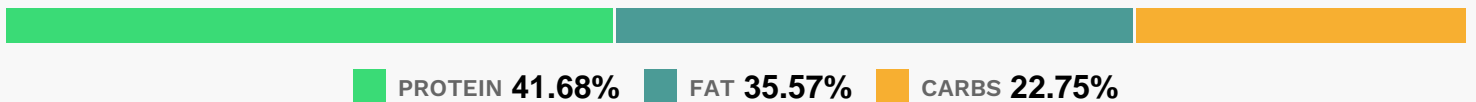
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Cook and stir red peppers, onions and garlic in hot oil in large skillet on medium heat 5 min. or until crisp-tender. Stir in black pepper; cool.
- Mix egg, 1/2 cup ketchup, soy sauce and Worcestershire sauce in large bowl until blended. Stir in vegetable mixture.
- Add turkey, cracker crumbs and 3/4 cup cheese; mix just until blended. Shape into 10x5-inch loaf in shallow pan; top with remaining ketchup.
- Bake 55 min. to 1 hour or until done (160F), topping with remaining cheese after 50 min.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:18.354782581329%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 311.95kcal (15.6%), Fat: 12.51g (19.25%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 18g (6%), Net Carbohydrates: 16.99g (6.18%), Sugar: 7.31g (8.12%), Cholesterol: 96.95mg (32.32%), Sodium: 861.98mg (37.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.97%), Vitamin B3: 12.44mg (62.18%), Vitamin B6: 1.12mg (55.87%), Selenium: 31.77µg (45.39%), Phosphorus: 393.69mg (39.37%), Vitamin C: 21.24mg (25.74%), Zinc: 2.81mg (18.7%), Vitamin B2: 0.31mg (18.08%), Vitamin A: 781.58IU (15.63%), Potassium: 503.41mg (14.38%), Calcium: 137.92mg (13.79%), Vitamin B5: 1.3mg (12.96%), Vitamin B12: 0.78µg (12.95%), Magnesium: 49.03mg (12.26%), Iron: 1.97mg (10.92%), Vitamin B1: 0.16mg (10.59%), Vitamin E: 1.53mg (10.23%), Manganese: 0.19mg (9.68%), Folate: 37.09µg (9.27%), Vitamin K: 9.73µg (9.27%), Copper: 0.13mg (6.54%), Vitamin D: 0.65µg (4.32%), Fiber: 1.01g (4.04%)