



Chipotle Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 large egg whites
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 1 pound ground turkey breast
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup regular oats
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 0.3 cup tomato sauce

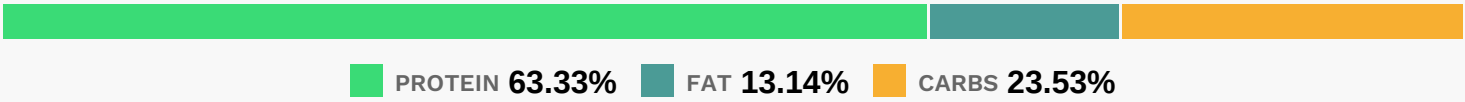
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ To prepare meat loaf, remove 1 chipotle chile and 1 teaspoon adobo sauce from can; reserve remaining chiles and sauce for another use. Chop chile.
- ☐ Combine chile, adobo sauce, onion, and next 14 ingredients (through ground turkey breast) in a large bowl, stirring to combine.
- ☐ Place turkey mixture in a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 30 minutes.
- ☐ To prepare topping, combine 1/4 cup tomato sauce, ketchup, and hot sauce in a small bowl; brush mixture evenly over meat loaf. Cover and bake an additional 30 minutes or until thermometer registers 16
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:18.35782618108%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 241.22kcal (12.06%), Fat: 3.53g (5.44%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 9.82g (3.57%), Sugar: 4.1g (4.55%), Cholesterol: 83.16mg (27.72%), Sodium: 598mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.34g (76.67%), Vitamin B3: 15.22mg (76.1%), Vitamin B6: 1.35mg (67.66%), Selenium: 38.05µg (54.35%), Phosphorus: 376.97mg (37.7%), Zinc: 2.94mg (19.59%), Fiber: 4.42g (17.7%), Potassium: 560.81mg (16.02%), Iron: 2.73mg (15.15%), Vitamin B5: 1.48mg (14.8%), Vitamin B2: 0.25mg (14.73%), Magnesium: 56.98mg (14.25%), Vitamin B12: 0.8µg (13.28%), Manganese: 0.26mg (12.85%), Vitamin B1: 0.17mg (11.11%), Copper: 0.14mg (7.24%), Vitamin K: 7.38µg (7.03%), Folate: 23.59µg (5.9%), Vitamin D: 0.6µg (4.03%), Vitamin A: 195.88IU (3.92%), Vitamin C: 2.79mg (3.38%), Calcium: 28.7mg (2.87%), Vitamin E: 0.39mg (2.57%)