



Cold Turkey Loaf

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne
- ☐ 1 large eggs beaten to blend
- ☐ 1 tablespoon sage leaves dried fresh finely chopped
- ☐ 2 tablespoons green onion chopped
- ☐ 1 pound pd of ground turkey lean
- ☐ 1.5 cups nonfat milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound turkey sausages raw

- ☐ 4 slices bread white
- ☐ 0.5 teaspoon pepper white

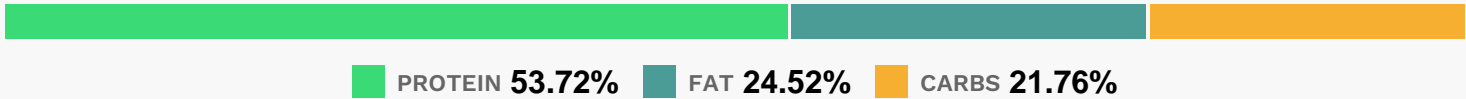
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Tear bread into chunks and whirl in a food processor to make fine crumbs. Measure 2 cups and put in a large bowl.
- ☐ Squeeze sausages from casings into bowl.
- ☐ Add ground turkey, egg, milk, onion, sage, salt, black and white pepper, and cayenne.
- ☐ Mix well.
- ☐ Pat meat loaf mixture into an oiled or nonstick 5- by 9-inch loaf pan.
- ☐ Bake in a 350 oven until meat loaf is firm to touch in center, about 1 1/2 hours.
- ☐ Serve hot, or let cool, then cover and chill until cold, at least 3 hours. Or store, chilled, up to 2 days. Run a knife between meat and pan rim. Invert meat loaf onto a platter.
- ☐ Cut into thick slices.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:5.17, Inflammation Score:-3, Nutrition Score:11.538695651552%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 167.9kcal (8.4%), Fat: 4.53g (6.97%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.53g (3.1%), Sugar: 3.06g (3.4%), Cholesterol: 77.07mg (25.69%), Sodium: 430.02mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.64%), Vitamin B3: 7.49mg (37.46%), Vitamin B6: 0.67mg (33.33%), Selenium: 18.3µg (26.15%), Phosphorus: 255.92mg (25.59%), Vitamin B12: 0.98µg (16.33%), Zinc: 2.29mg (15.23%), Vitamin B2: 0.25mg (14.57%), Vitamin B5: 1.12mg (11.18%), Calcium: 103.88mg (10.39%), Vitamin B1: 0.15mg (10.11%), Potassium: 351.36mg (10.04%), Magnesium: 33.26mg (8.32%), Iron: 1.43mg (7.92%), Vitamin K: 7.69µg (7.32%), Folate: 25.43µg (6.36%), Manganese: 0.12mg (5.98%), Vitamin D: 0.86µg (5.71%), Vitamin A: 219.42IU (4.39%), Copper: 0.08mg (4.22%), Fiber: 0.51g (2.03%), Vitamin E: 0.22mg (1.44%), Vitamin C: 1.09mg (1.32%)