



Crazy Delicious Turkey Meatloaf

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce bell pepper strips mixed green red yellow frozen thawed drained
- ☐ 1 cup italian-seasoned bread crumbs
- ☐ 2 pounds pd of ground turkey 93% lean

Equipment

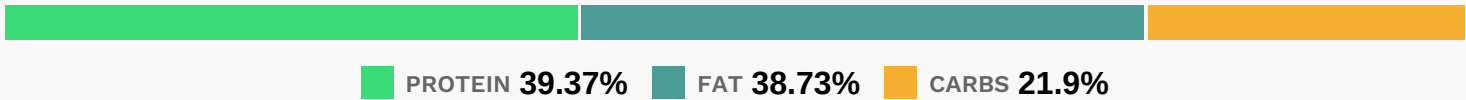
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Cover a baking sheet with aluminum foil. Spray foil with nonstick cooking spray.
- ☐ Puree peppers in a blender until smooth; pour into a bowl.
- ☐ Add turkey and bread crumbs to bowl; mix. Form the turkey mixture into a loaf and place on the prepared baking sheet.
- ☐ Bake in preheated oven until no longer pink in the center, 45 to 60 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:18.571738844332%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 240.45kcal (12.02%), Fat: 10.43g (16.04%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.49g (4.18%), Sugar: 2.94g (3.27%), Cholesterol: 84.06mg (28.02%), Sodium: 280.63mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Vitamin C: 63.91mg (77.46%), Vitamin B3: 7.55mg (37.76%), Selenium: 25.3µg (36.14%), Vitamin A: 1665.07IU (33.3%), Vitamin B6: 0.57mg (28.35%), Phosphorus: 258.31mg (25.83%), Vitamin B12: 1.41µg (23.55%), Zinc: 3.21mg (21.38%), Vitamin B2: 0.31mg (18.48%), Vitamin B1: 0.25mg (16.46%), Vitamin B5: 1.38mg (13.85%), Iron: 2.28mg (12.66%), Folate: 48.61µg (12.15%), Potassium: 380.87mg (10.88%), Manganese: 0.21mg (10.61%), Magnesium: 36.67mg (9.17%), Vitamin K: 9.33µg (8.89%), Copper: 0.17mg (8.32%), Fiber: 1.78g (7.11%), Vitamin E: 0.95mg (6.32%), Calcium: 54.59mg (5.46%), Vitamin D: 0.45µg (3.02%)