

# Easiest Turkey Loaf

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 eggs beaten
- 6 servings pepper black to taste
- 2 pounds pd of ground turkey
- 14 ounce bread stuffing mix
- 1.7 cups water hot

## Equipment

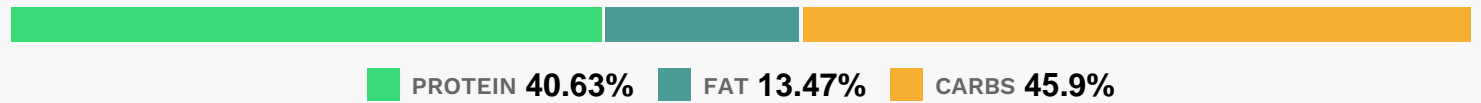
- bowl
- frying pan

- oven
- loaf pan
- kitchen thermometer

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 5 3/4x11-inch loaf pan.
- In a bowl, mix the stuffing mix with hot water, and let the mixture stand for 2 minutes to plump up the bread crumbs. In another bowl, mix the ground turkey with beaten eggs, salt, and black pepper.
- Mix into the stuffing until thoroughly combined. Spoon the loaf mixture into the prepared pan.
- Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:25.323478133782%

## Nutrients (% of daily need)

Calories: 445.9kcal (22.3%), Fat: 6.6g (10.15%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 48.43g (17.61%), Sugar: 5.53g (6.14%), Cholesterol: 138.38mg (46.13%), Sodium: 1030.64mg (44.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.77g (89.54%), Selenium: 69.67µg (99.53%), Vitamin B3: 18.5mg (92.52%), Vitamin B6: 1.42mg (71.08%), Phosphorus: 465.69mg (46.57%), Vitamin B1: 0.49mg (32.93%), Folate: 130.14µg (32.53%), Vitamin B2: 0.49mg (29.01%), Zinc: 3.47mg (23.15%), Iron: 3.95mg (21.95%), Manganese: 0.42mg (20.94%), Magnesium: 72.89mg (18.22%), Vitamin B5: 1.82mg (18.2%), Potassium: 630.33mg (18.01%), Vitamin B12: 0.91µg (15.25%), Copper: 0.27mg (13.38%), Fiber: 2.14g (8.57%), Calcium: 79.33mg (7.93%), Vitamin D: 0.9µg (5.99%), Vitamin E: 0.51mg (3.41%), Vitamin A: 118.87IU (2.38%)