



## Fabulous Ground Turkey Meatloaf

 **Gluten Free**

READY IN



**90 min.**

SERVINGS



**4**

CALORIES



**364 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 ounce mushrooms drained sliced canned
- ☐ 8 ounce tomato sauce canned
- ☐ 2 stalks celery diced
- ☐ 0.5 cup chili sauce
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon sage dried
- ☐ 1 eggs beaten

- ☐ 0.5 bell pepper diced green
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound pd of ground turkey
- ☐ 1 teaspoon oregano dried
- ☐ 2 dashes pepper sauce hot tabasco® such as
- ☐ 0.5 cup rolled oats
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 onion diced sweet
- ☐ 0.3 cup vegetable juice such as V-8®
- ☐ 2 tablespoons worcestershire sauce

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat egg, vegetable juice, sour cream, Worcestershire sauce, sage, parsley, oregano, salt, black pepper, and hot pepper sauce in a large bowl. Stir in oats and allow to soak.
- ☐ Melt butter in a skillet over medium heat; cook and stir onion, bell pepper, and celery until softened, about 5 minutes. Stir vegetable mixture, mushrooms, and turkey into oat mixture; shape into a loaf and transfer to a broiling pan.
- ☐ Mix tomato sauce and chili sauce in a bowl; pour over turkey loaf.
- ☐ 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 165 degrees F (74 degrees C).

## Nutrition Facts



 **PROTEIN 36.44%**  **FAT 31.33%**  **CARBS 32.23%**

Properties

Glycemic Index:64.25, Glycemic Load:3.69, Inflammation Score:-9, Nutrition Score:27.061304507048%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 364kcal (18.2%), Fat: 13.11g (20.17%), Saturated Fat: 6.17g (38.57%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 23.57g (8.57%), Sugar: 13.92g (15.47%), Cholesterol: 126.82mg (42.27%), Sodium: 2070.9mg (90.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.64%), Vitamin B3: 14.34mg (71.71%), Vitamin B6: 1.29mg (64.75%), Selenium: 37.7µg (53.86%), Phosphorus: 466.57mg (46.66%), Vitamin C: 29.79mg (36.11%), Manganese: 0.67mg (33.47%), Potassium: 1082.2mg (30.92%), Copper: 0.56mg (27.81%), Fiber: 6.77g (27.09%), Vitamin B5: 2.54mg (25.44%), Zinc: 3.69mg (24.61%), Iron: 4.14mg (23.01%), Magnesium: 89.9mg (22.47%), Vitamin A: 1118.15IU (22.36%), Vitamin B1: 0.3mg (20.15%), Vitamin B2: 0.33mg (19.7%), Folate: 60.57µg (15.14%), Vitamin K: 15.76µg (15.01%), Vitamin E: 2.16mg (14.4%), Vitamin B12: 0.72µg (11.97%), Calcium: 97.7mg (9.77%), Vitamin D: 0.9µg (6%)