



Gina's Turkey Meatloaf

READY IN



85 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces cheese blue crumbled
- 8 ounce tomato sauce canned
- 0.3 cup chicken stock see
- 1 eggs lightly beaten
- 2 cloves garlic chopped
- 2 pounds pd of ground turkey
- 6 servings kosher salt and pepper black freshly ground
- 8 ounces mushrooms finely chopped
- 2 tablespoons olive oil

- 0.5 cup panko breadcrumbs (Japanese)
- 1 pinch pepper flakes red
- 1 shallots sliced
- 1 large vidalia onion chopped
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Heat olive oil in a large saute pan over medium-high heat.
- Add mushrooms, onions, and garlic.
- Saute until mushrooms are browned, about 5 to 6 minutes.
- Stir in red pepper flakes and saute for 1 more minute.
- Add chicken stock and Worcestershire sauce, remove from heat and allow to cool.
- In a large bowl, combine egg, panko, blue cheese, and mushroom mixture. Fold in turkey and combine. Don't over work or the meatloaf will be tough.
- Shape into a long rectangular loaf directly on a sheet tray. Spoon tomato sauce on top of the loaf and shingle sliced shallots down the top.
- Bake for 1 hour and 10 minutes, and serve.

Nutrition Facts

 **PROTEIN 46.7%**  **FAT 39.31%**  **CARBS 13.99%**

Properties

Glycemic Index:32.67, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:24.634782666745%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 386.52kcal (19.33%), Fat: 17.13g (26.36%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 11.87g (4.32%), Sugar: 6.12g (6.8%), Cholesterol: 132mg (44%), Sodium: 687.81mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.79g (91.58%), Vitamin B3: 17.31mg (86.57%), Vitamin B6: 1.54mg (77.15%), Selenium: 45.49µg (64.98%), Phosphorus: 541.95mg (54.19%), Vitamin B2: 0.52mg (30.75%), Vitamin B5: 2.72mg (27.17%), Zinc: 3.98mg (26.56%), Potassium: 889.44mg (25.41%), Vitamin B12: 1.21µg (20.25%), Calcium: 192.17mg (19.22%), Magnesium: 69.52mg (17.38%), Copper: 0.33mg (16.54%), Vitamin B1: 0.23mg (15.05%), Iron: 2.59mg (14.41%), Folate: 55.81µg (13.95%), Manganese: 0.2mg (10.08%), Vitamin E: 1.5mg (10.03%), Vitamin A: 466.21IU (9.32%), Vitamin C: 7.12mg (8.63%), Fiber: 1.85g (7.41%), Vitamin D: 0.97µg (6.46%), Vitamin K: 5.35µg (5.09%)