



Healthier Meatloaf Makeover

READY IN



90 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons olive oil
- 1 small zucchini finely chopped
- 0.3 cup onion finely chopped
- 4 cloves garlic finely chopped
- 2 eggs beaten
- 1 pound ground chicken
- 1 pound pd of ground turkey
- 1.5 cups panko bread crumbs crispy
- 0.3 cup parmesan cheese grated

- 0.3 cup catsup
- 1 serving salt
- 1 serving pepper black freshly ground
- 0.5 cup catsup
- 2 tablespoons worcestershire sauce
- 2 tablespoons brown sugar

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- Heat oven to 350°F.
- Heat olive oil in a sauté pan over medium high heat.
- Add the zucchini, onions, and garlic.
- Sprinkle with salt and pepper. Sauté for about 5 minutes or until onions are softened. Set the mixture aside to cool.
- In a bowl combine all the meatloaf ingredients including the cooled vegetable mixture with a good sprinkle of salt and pepper.
- Mold into a loaf in a 9x13 sprayed or greased glass, baking dish.
- In a small bowl, whisk together the ketchup, Worcestershire sauce and brown sugar.
- Brush the mixture all over the loaf.
- Bake the meatloaf in the center of the oven uncovered for 50 to 60 minutes. You'll know it is done when an instant thermometer inserted in the center of the loaf reaches 165°F.

Nutrition Facts



■ PROTEIN 35.4% ■ FAT 39.05% ■ CARBS 25.55%

Properties

Glycemic Index:13, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:15.156086973522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 308.49kcal (15.42%), Fat: 13.55g (20.84%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 19.1g (6.95%), Sugar: 9.46g (10.52%), Cholesterol: 123.58mg (41.19%), Sodium: 501.72mg (21.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.27%), Vitamin B3: 9.86mg (49.3%), Vitamin B6: 0.9mg (44.83%), Selenium: 26.1µg (37.29%), Phosphorus: 307.68mg (30.77%), Vitamin B2: 0.36mg (21.31%), Potassium: 659.46mg (18.84%), Zinc: 2.39mg (15.95%), Vitamin B1: 0.23mg (15.23%), Vitamin B5: 1.42mg (14.19%), Vitamin B12: 0.79µg (13.1%), Iron: 2.1mg (11.66%), Magnesium: 42.9mg (10.73%), Manganese: 0.21mg (10.25%), Vitamin E: 1.44mg (9.61%), Calcium: 76.24mg (7.62%), Copper: 0.15mg (7.55%), Folate: 29.43µg (7.36%), Vitamin C: 4.95mg (6%), Vitamin K: 5.86µg (5.58%), Vitamin A: 249.19IU (4.98%), Fiber: 0.84g (3.36%), Vitamin D: 0.46µg (3.08%)