



WHATShEATE

Healthy Turkey Loaf



Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 0.5 pound pd of ground turkey
- ☐ 5 servings lemon pepper to taste
- ☐ 0.3 cup onion chopped
- ☐ 0.1 cup bell pepper red chopped
- ☐ 0.3 cup salsa
- ☐ 0.1 cup bell pepper yellow chopped

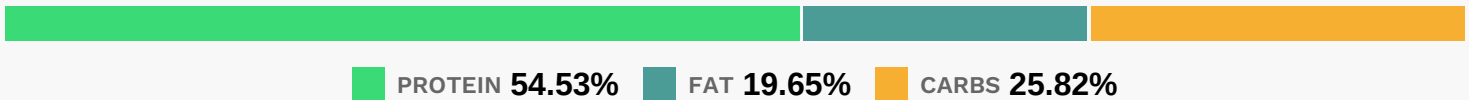
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper.
- ☐ Mix well with hands until blended. Press mixture into a loaf pan.
- ☐ Bake in the preheated oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:7.5856521233268%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 93.91kcal (4.7%), Fat: 2.06g (3.17%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.35g (1.94%), Sugar: 1.36g (1.51%), Cholesterol: 57.68mg (19.23%), Sodium: 161mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Vitamin B3: 4.99mg (24.97%), Vitamin B6: 0.46mg (23%), Selenium: 14.26µg (20.38%), Vitamin C: 12.44mg (15.08%), Phosphorus: 137.8mg (13.78%), Vitamin B2: 0.12mg (7.07%), Zinc: 1.05mg (6.98%), Vitamin B1: 0.1mg (6.35%), Potassium: 218.84mg (6.25%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.33µg (5.48%), Magnesium: 20.35mg (5.09%), Manganese: 0.1mg (5.06%), Vitamin A: 246.05IU (4.92%), Iron: 0.88mg (4.88%), Folate: 18.28µg (4.57%), Copper: 0.06mg (3.2%), Fiber: 0.75g (3%), Vitamin D: 0.36µg (2.38%), Vitamin E: 0.35mg (2.32%), Calcium: 22.76mg (2.28%), Vitamin K: 1.31µg (1.24%)