



Herb-and-Veggie Turkey Loaf

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded
- 1 large eggs lightly beaten
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 teaspoon garlic minced
- 2 teaspoons penzey's southwest seasoning italian
- 2 pounds pd of ground turkey lean
- 0.5 cup regular oats uncooked
- 1 medium onion chopped

- 1 cup roasted garlic-and-herb pasta sauce divided
- 1 teaspoon pepper
- 1.3 teaspoons salt
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil
- broiler pan

Directions

- Saut onion and garlic in hot oil in a large nonstick skillet over medium-high heat 3 minutes.
- Add carrots, and saut 3 to 4 minutes or until onion is tender; cool slightly.
- Combine onion mixture, 1/2 cup pasta sauce, turkey, and next 6 ingredients in a large bowl until blended. Shape mixture into a 10- x 5-inch loaf.
- Place on a rack coated with cooking spray; place rack in broiler pan coated with cooking spray.
- Bake at 350 for 45 minutes.
- Spread remaining 1/2 cup pasta sauce over loaf, and bake 10 to 15 more minutes or until a thermometer inserted into thickest portion registers 15
- Cover loosely with aluminum foil, and let stand 10 minutes.
- Serve with additional pasta sauce, if desired.
- Note: For testing purposes only, we used Prego Roasted Garlic-and-Herb Pasta Sauce.

Nutrition Facts



PROTEIN 59.62% **FAT 20.58%** **CARBS 19.8%**

Properties

Glycemic Index:28.23, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:26.648260790369%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 197.29kcal (9.86%), Fat: 4.64g (7.14%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.08g (2.57%), Sugar: 2.76g (3.07%), Cholesterol: 85.62mg (28.54%), Sodium: 613.58mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.47%), Vitamin A: 7033.18IU (140.66%), Vitamin K: 140.56µg (133.87%), Vitamin B3: 11.76mg (58.78%), Vitamin B6: 1.13mg (56.38%), Selenium: 30.93µg (44.18%), Phosphorus: 327.49mg (32.75%), Manganese: 0.58mg (28.97%), Magnesium: 76.98mg (19.24%), Potassium: 657.54mg (18.79%), Folate: 74.66µg (18.67%), Zinc: 2.61mg (17.4%), Vitamin B2: 0.27mg (15.96%), Iron: 2.46mg (13.65%), Vitamin B5: 1.35mg (13.49%), Vitamin E: 1.93mg (12.86%), Fiber: 2.96g (11.86%), Vitamin B12: 0.63µg (10.57%), Vitamin B1: 0.16mg (10.37%), Copper: 0.2mg (9.84%), Calcium: 77.98mg (7.8%), Vitamin C: 6.18mg (7.49%), Vitamin D: 0.58µg (3.86%)