



Horseradish-Turkey Meat Loaf



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 teaspoon basil dried
- ☐ 1 large eggs
- ☐ 1 garlic clove minced
- ☐ 1.3 pounds pd of ground turkey dark light (and meat)
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 teaspoon horseradish prepared

- ☐ 0.3 cup catsup
- ☐ 1 tablespoon catsup
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

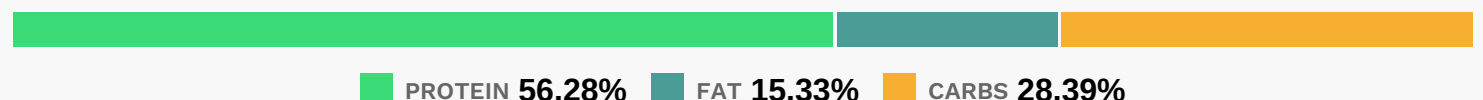
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 11 ingredients in a large bowl. Crumble turkey over oats mixture, mixing with hands just until blended. Pack turkey mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Combine 1/3 cup ketchup, brown sugar, and 1 teaspoon horseradish in a bowl; stir well.
- ☐ Spread half of ketchup mixture over meat loaf.
- ☐ Bake at 350 for 45 minutes.
- ☐ Spread remaining ketchup mixture over meat loaf, and bake an additional 10 minutes or until done.
- ☐ Let stand for 10 minutes.
- ☐ Remove meat loaf from pan; cut loaf into 5 slices.

Nutrition Facts



Properties

Glycemic Index:45.8, Glycemic Load:2.39, Inflammation Score:-6, Nutrition Score:14.801304371461%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 203.13kcal (10.16%), Fat: 3.54g (5.44%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.47g (4.9%), Sugar: 8.4g (9.34%), Cholesterol: 99.57mg (33.19%), Sodium: 527.23mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.47%), Vitamin B3: 11.41mg (57.06%), Vitamin B6: 1.08mg (53.82%), Selenium: 30.06µg (42.94%), Phosphorus: 314.42mg (31.44%), Zinc: 2.4mg (16.01%), Manganese: 0.29mg (14.69%), Potassium: 504.11mg (14.4%), Magnesium: 53.89mg (13.47%), Vitamin B2: 0.22mg (12.76%), Vitamin B5: 1.24mg (12.43%), Vitamin B12: 0.67µg (11.12%), Iron: 1.72mg (9.54%), Vitamin B1: 0.12mg (7.78%), Copper: 0.13mg (6.58%), Folate: 26.17µg (6.54%), Vitamin C: 4.65mg (5.63%), Fiber: 1.27g (5.1%), Vitamin D: 0.65µg (4.36%), Vitamin K: 4.07µg (3.87%), Vitamin A: 187.18IU (3.74%), Vitamin E: 0.55mg (3.65%), Calcium: 35.02mg (3.5%)