



Incredibly Cheesy Turkey Meatloaf

 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound colby cheese cut into 1/2-inch cubes
- ☐ 2 eggs
- ☐ 2 pounds pd of ground turkey
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 0.5 cup catsup
- ☐ 1 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

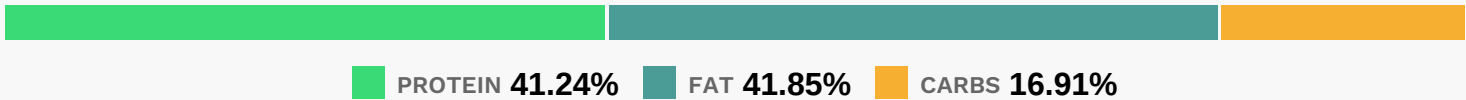
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a bowl, mix the turkey, milk, bread crumbs, and eggs by hand. Season with salt and pepper. Fold the cheese cubes into the mixture.
- ☐ Transfer to a loaf pan, and top with ketchup.
- ☐ Bake 1 hour in the preheated oven, to an internal temperature of 180 degrees F (85 degrees C).

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:20.553478386091%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 401.34kcal (20.07%), Fat: 18.72g (28.8%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 16.22g (5.9%), Sugar: 5.79g (6.43%), Cholesterol: 147.5mg (49.17%), Sodium: 969.04mg (42.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.52g (83.03%), Vitamin B3: 12.23mg (61.14%), Selenium: 39µg (55.71%), Vitamin B6: 1.09mg (54.61%), Phosphorus: 534.88mg (53.49%), Calcium: 368.38mg (36.84%), Vitamin B2: 0.46mg (26.95%), Zinc: 3.81mg (25.4%), Vitamin B12: 1.25µg (20.77%), Vitamin B1: 0.24mg (16.27%), Potassium: 527.15mg (15.06%), Vitamin B5: 1.47mg (14.71%), Magnesium: 57.89mg (14.47%), Vitamin A: 666.09IU (13.32%), Iron: 2.19mg (12.15%), Folate: 41.1µg (10.28%), Manganese: 0.19mg (9.37%), Vitamin D: 1.26µg (8.43%), Vitamin K: 8.73µg (8.31%), Copper: 0.14mg (7.11%), Vitamin E: 0.59mg (3.92%), Fiber: 0.8g (3.18%), Vitamin C: 1.02mg (1.24%)