

# Incredibly Cheesy Turkey Meatloaf

READY IN



75 min.

SERVINGS



8

CALORIES



386 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
- 1 cup milk
- 0.3 teaspoon pepper
- 1 teaspoon salt

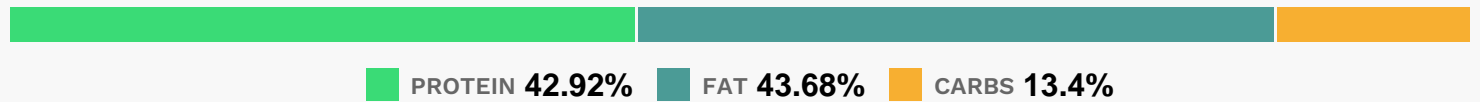
## Equipment

- 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:-5, Nutrition Score:19.993478225625%

## Nutrients (% of daily need)

Calories: 386.19kcal (19.31%), Fat: 18.71g (28.78%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 12.16g (4.42%), Sugar: 2.59g (2.88%), Cholesterol: 147.5mg (49.17%), Sodium: 832.99mg (36.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.72%), Vitamin B3: 12.01mg (60.07%), Selenium: 38.89µg (55.56%), Vitamin B6: 1.07mg (53.43%), Phosphorus: 530.98mg (53.1%), Calcium: 366.13mg (36.61%), Vitamin B2: 0.43mg (25.49%), Zinc: 3.78mg (25.23%), Vitamin B12: 1.25µg (20.77%), Vitamin B1: 0.24mg (16.16%), Vitamin B5: 1.46mg (14.64%), Magnesium: 55.94mg (13.98%), Potassium: 485mg (13.86%), Iron: 2.14mg (11.86%), Vitamin A: 589.14IU (11.78%), Folate: 39.76µg (9.94%), Manganese: 0.17mg (8.63%), Vitamin D: 1.26µg (8.43%), Vitamin K: 8.27µg (7.88%), Copper: 0.13mg (6.48%), Fiber: 0.75g (3%), Vitamin E: 0.37mg (2.46%)