



Italian-Style Turkey Meat Loaf

READY IN



65 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 teaspoon garlic powder
- ☐ 6 tablespoons catsup
- ☐ 2 pounds pd of ground turkey lean (93 percent)
- ☐ 0.3 cup milk
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan grated

- ☐ 1 teaspoon salt
- ☐ 2 slices sandwich bread white firm

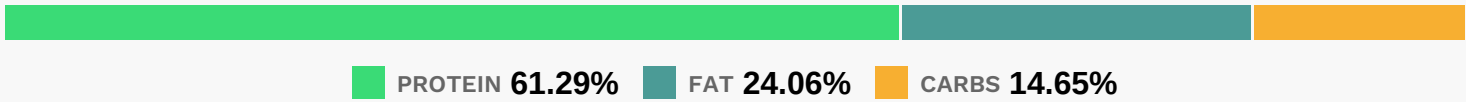
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 400F. Line a baking sheet with foil and mist with cooking spray. Mash bread together with milk in a large bowl until smooth.
- ☐ Add turkey, Parmesan, parsley, eggs, salt, onion and garlic powders, oregano and 2 Tbsp. ketchup to bowl; mix well. Form into a 9-by-5-inch loaf on baking sheet.
- ☐ Spread remaining ketchup on top.
- ☐ Bake until an instant-read thermometer inserted into center of meat loaf registers 165F, 45 to 50 minutes. Turn broiler to high and broil meat loaf to crisp exterior, 1 to 3 minutes.
- ☐ Let stand 10 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:3.22, Inflammation Score:-7, Nutrition Score:21.348260838053%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 274.17kcal (13.71%), Fat: 7.37g (11.33%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.53g (3.47%), Sugar: 4.33g (4.81%), Cholesterol: 152.05mg (50.68%), Sodium: 803.55mg (34.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.21g (84.43%), Vitamin B3: 15.39mg (76.94%), Vitamin B6: 1.39mg (69.28%), Selenium: 42.82µg (61.18%), Phosphorus: 462.72mg (46.27%), Vitamin K: 43.78µg (41.69%), Zinc: 3.31mg (22.07%), Vitamin B2: 0.33mg (19.22%), Vitamin B12: 1.07µg (17.91%), Vitamin B5: 1.73mg (17.33%), Potassium: 571.23mg (16.32%), Calcium: 155.56mg (15.56%), Magnesium: 57.86mg (14.46%), Iron: 2.18mg (12.11%), Vitamin B1: 0.16mg (10.65%), Vitamin A: 502.66IU (10.05%), Folate: 36.15µg (9.04%), Vitamin D: 1.09µg (7.28%), Copper: 0.14mg (6.82%), Manganese: 0.11mg (5.54%), Vitamin C: 4.03mg (4.89%), Vitamin E: 0.63mg (4.17%), Fiber: 0.56g (2.23%)