



Italian Turkey Meat Loaf

READY IN



56 min.

SERVINGS



5

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces mozzarella-asiago cheese blend shredded with roasted garlic
- 1 large eggs lightly beaten
- 2 large garlic cloves minced
- 1.3 pounds ground turkey breast
- 0.3 cup italian-seasoned breadcrumbs
- 0.5 cup warm marinara sauce
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 2 tablespoons tomato paste with basil, garlic, and oregano

Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 37
- Combine first 7 ingredients in a large bowl. Shape turkey mixture into a loaf; place into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 375 for 35 minutes; sprinkle cheese over meat loaf.
- Bake an additional 10 minutes or until a thermometer inserted in center of loaf registers 16
- Let stand 5 minutes; cut into 10 slices.
- Serve with warm marinara sauce.

Nutrition Facts

PROTEIN 58.49% **FAT 25.34%** **CARBS 16.17%**

Properties

Glycemic Index:29.4, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:29.667825989101%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 238.1kcal (11.9%), Fat: 6.85g (10.54%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.25g (2.64%), Sugar: 2.5g (2.78%), Cholesterol: 107.34mg (35.78%), Sodium: 658.98mg (28.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.19%), Vitamin K: 215.34µg (205.08%), Vitamin A: 7034.82IU (140.7%), Vitamin B3: 12.15mg (60.76%), Vitamin B6: 1.16mg (57.98%), Selenium: 36.22µg (51.75%), Phosphorus: 408.08mg (40.81%), Manganese: 0.54mg (26.8%), Folate: 106.93µg (26.73%), Calcium: 235.31mg (23.53%), Magnesium: 91.03mg (22.76%), Vitamin B2: 0.38mg (22.43%), Potassium: 711.29mg (20.32%), Zinc:

2.95mg (19.66%), Vitamin E: 2.5mg (16.65%), Iron: 2.96mg (16.42%), Vitamin B5: 1.39mg (13.85%), Vitamin B12: 0.82µg (13.74%), Vitamin B1: 0.2mg (13.45%), Copper: 0.23mg (11.4%), Fiber: 2.59g (10.37%), Vitamin C: 6.77mg (8.21%), Vitamin D: 0.71µg (4.74%)