



WHATSheATE



## Jerk-spiced Turkey Picnic Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 large eggs
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 pounds pd of ground turkey dark (breast or a combination of breast and meat)

- ☐ 2 tablespoons blackstrap molasses
- ☐ 8 ounces mushrooms rinsed drained finely chopped
- ☐ 8 oz onion peeled finely chopped
- ☐ 0.8 cup pickled cocktail onions drained cut in half
- ☐ 6 ounces pancetta paper-thin
- ☐ 2 tablespoons salad oil
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons distilled vinegar white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

## Directions

- ☐ In a 10- to 12-inch frying pan over high heat, stir mushrooms and onion in 2 tablespoons oil until they begin to brown, 7 to 8 minutes.
- ☐ Add salt, nutmeg, allspice, cinnamon, and cayenne; stir until fragrant, about 2 minutes.
- ☐ Add vinegar and molasses; stir often until liquid is evaporated.
- ☐ Scrape into a large bowl.
- ☐ Add flour and mix to blend, then stir often until lukewarm, about 5 minutes.
- ☐ Add turkey, broth, and egg to bowl; mix well. Gently stir in pickled onions.
- ☐ Oil a 5- by 9-inch nonstick loaf pan (2 qt.). Line pan neatly with a single layer of prosciutto slices, overlapping edges slightly; press ends of prosciutto against pan sides up to, but not over, rim. Scrape meat mixture into pan and gently pat or spread level. Fold ends of prosciutto slices neatly over meat.
- ☐ Bake turkey loaf in a 350 regular or convection oven until a thermometer inserted in center of thickest part reaches 160 and meat is no longer pink (cut to test), about 55 minutes; loaf will

begin to shrink from pan sides.

- ☐
- Let stand at room temperature for at least 10 minutes. Invert a slightly larger, rimmed platter over pan; hold pan and platter together and invert. Lift pan off to release loaf.

## Nutrition Facts



### Properties

Glycemic Index:47.13, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:14.917391320933%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

### Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 14.51g (22.32%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 13.91g (5.06%), Sugar: 6.25g (6.94%), Cholesterol: 84.06mg (28.02%), Sodium: 401.79mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Vitamin B3: 10.79mg (53.94%), Vitamin B6: 0.92mg (45.93%), Selenium: 31.74µg (45.34%), Phosphorus: 285.42mg (28.54%), Vitamin B2: 0.3mg (17.83%), Potassium: 544.1mg (15.55%), Vitamin B5: 1.53mg (15.32%), Vitamin B1: 0.22mg (14.8%), Zinc: 2.13mg (14.19%), Magnesium: 49.41mg (12.35%), Manganese: 0.23mg (11.65%), Vitamin B12: 0.64µg (10.59%), Copper: 0.21mg (10.55%), Iron: 1.73mg (9.6%), Folate: 37.45µg (9.36%), Vitamin E: 0.87mg (5.77%), Fiber: 1.33g (5.34%), Vitamin C: 3.91mg (4.73%), Vitamin D: 0.61µg (4.05%), Calcium: 32.15mg (3.21%), Vitamin K: 2.78µg (2.65%), Vitamin A: 90.74IU (1.81%)