



Melissa's Turkey Meatloaf

READY IN



70 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs italian
- ☐ 2 stalks celery minced
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 eggs
- ☐ 2 teaspoons basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1.5 pounds pd of ground turkey
- ☐ 0.3 cup milk
- ☐ 1 small onion minced

☐ 0.3 cup parmesan cheese

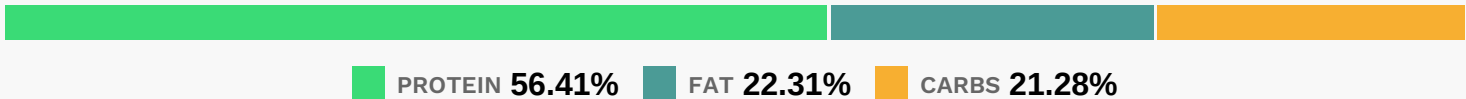
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking dish with cooking spray.
- ☐ Mix the ground turkey, onion, celery, garlic, basil, Parmesan cheese, bread crumbs, egg, and milk together in a large bowl. Shape the mixture into a loaf and place into prepared pan.
- ☐ Pour the tomato soup over the meatloaf. Cover tightly with aluminum foil.
- ☐ Bake in the preheated oven until no longer pink in the center, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:3.27, Inflammation Score:-5, Nutrition Score:15.26695662996%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 215.25kcal (10.76%), Fat: 5.4g (8.31%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.51g (3.82%), Sugar: 6.14g (6.82%), Cholesterol: 93.7mg (31.23%), Sodium: 350.4mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.44%), Vitamin B3: 11.64mg (58.22%), Vitamin B6: 1.08mg (54.02%), Selenium: 30.29µg (43.27%), Phosphorus: 336.62mg (33.66%), Potassium: 712.06mg (20.34%), Zinc: 2.4mg (15.98%), Vitamin B12: 0.75µg (12.47%), Vitamin B5: 1.22mg (12.23%), Vitamin B2: 0.2mg (11.92%), Magnesium: 47.36mg (11.84%), Vitamin C: 8.3mg (10.06%), Calcium: 86.74mg (8.67%), Iron: 1.46mg (8.12%), Vitamin B1: 0.12mg (7.76%), Vitamin A: 378.06IU (7.56%), Manganese: 0.13mg (6.72%), Copper: 0.11mg (5.59%), Vitamin K: 5.87µg (5.59%), Folate: 21.36µg (5.34%), Vitamin D: 0.73µg (4.89%), Fiber: 1.08g (4.34%), Vitamin E: 0.38mg (2.55%)