



Mini Apple-Cheddar Turkey Meatloaves

READY IN



15 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup japanese breadcrumbs (panko)
- ☐ 5 oz freshly cheddar cheese shredded divided
- ☐ 1 large eggs lightly beaten
- ☐ 1 medium size apples i use 2 granny smith apples shredded cored peeled
- ☐ 1 lb pd of ground turkey
- ☐ 1 medium onion shredded
- ☐ 0.8 teaspoon pepper
- ☐ 1 teaspoon salt

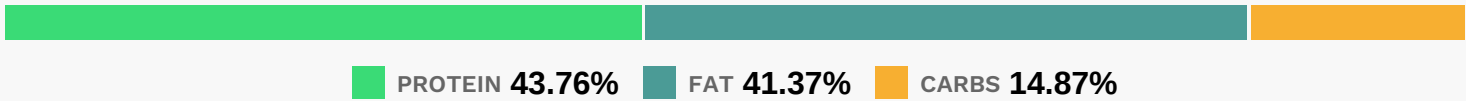
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Gently combine ground turkey, next 6 ingredients, and 1/2 cup cheese just until combined, using hands. Spoon turkey mixture into 12 lightly greased muffin cups.
- ☐ Bake at 375 for 16 minutes.
- ☐ Sprinkle with remaining 3/4 cup cheese.
- ☐ Bake 5 minutes or until cheese is melted and a meat thermometer inserted into centers of meatloaves registers 16
- ☐ *Fine, dry breadcrumbs may be substituted.
- ☐ Mini Pesto–Turkey Meatloaves: Omit apple and pepper. Substitute mozzarella cheese for Cheddar cheese. Proceed with recipe as directed, stirring 2 Tbsp. chopped fresh basil and 3 Tbsp. refrigerated pesto into meat mixture in Step
- ☐ Note: For testing purposes only, we used Buitoni Pesto With Basil.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.67, Inflammation Score:-4, Nutrition Score:12.187826161799%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate:

0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 226.58kcal (11.33%), Fat: 10.51g (16.17%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.28g (2.65%), Sugar: 4.2g (4.66%), Cholesterol: 96.2mg (32.07%), Sodium: 611.86mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.03%), Selenium: 26.69µg (38.12%), Vitamin B3: 7.58mg (37.88%), Vitamin B6: 0.72mg (35.83%), Phosphorus: 309.48mg (30.95%), Calcium: 185.92mg (18.59%), Zinc: 2.39mg (15.92%), Vitamin B2: 0.25mg (14.41%), Vitamin B12: 0.72µg (11.98%), Vitamin B5: 0.95mg (9.49%), Potassium: 320.23mg (9.15%), Magnesium: 34.16mg (8.54%), Vitamin A: 318.73IU (6.37%), Vitamin B1: 0.1mg (6.34%), Folate: 22.04µg (5.51%), Iron: 0.99mg (5.49%), Manganese: 0.1mg (4.97%), Fiber: 1.22g (4.86%), Copper: 0.08mg (4.15%), Vitamin D: 0.61µg (4.07%), Vitamin C: 2.75mg (3.34%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.91µg (1.82%)