



Mini Cheese-Stuffed Turkey Meatloaves

READY IN



40 min.

SERVINGS



40

CALORIES



34 kcal

SIDE DISH

Ingredients

- 1.3 lb pd of ground turkey
- 0.7 cup taco bell® & chunky salsa thick
- 4 sticks polly-o jalapeno string cheese kraft
- 6 oz stove top stuffing mix
- 1 cup water

Equipment

- oven
- wooden spoon

muffin liners

Directions

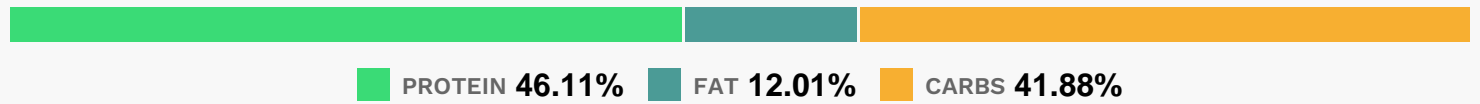
Heat oven to 375F.

Mix turkey, stuffing mix and water until blended; press into 12 muffin cups sprayed with cooking spray to make mini meatloaves.

Poke hole in center of each meatloaf with end of wooden spoon; fill with cheese. Top with salsa.

Bake 30 min. or until meatloaves are done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.113043497762%

Nutrients (% of daily need)

Calories: 33.83kcal (1.69%), Fat: 0.45g (0.69%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.52g (0.57%), Cholesterol: 7.89mg (2.63%), Sodium: 96.48mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin B3: 1.67mg (8.35%), Selenium: 5.21µg (7.45%), Vitamin B6: 0.14mg (6.78%), Phosphorus: 39.56mg (3.96%), Vitamin B1: 0.04mg (2.38%), Folate: 8.45µg (2.11%), Zinc: 0.3mg (1.99%), Vitamin B2: 0.03mg (1.97%), Potassium: 63.46mg (1.81%), Magnesium: 6.52mg (1.63%), Iron: 0.29mg (1.61%), Manganese: 0.03mg (1.55%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.07µg (1.22%), Copper: 0.02mg (1.11%)