



My Favorite Pork Turkey Meatloaf

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 1 carrots minced
- ☐ 1 tablespoon cooking oil
- ☐ 2 eggs room temperature
- ☐ 0.3 cup pkt spinach frozen thawed chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 pound ground pork

- ☐ 1 pound pd of ground turkey
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon catsup
- ☐ 0.5 onion minced
- ☐ 0.5 bell pepper red minced
- ☐ 2 teaspoons salt
- ☐ 0.5 cup wheat germ

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☐ Set the ground turkey and ground pork out at room temperature to warm slightly.
- ☐ Heat the oil in a skillet over medium heat; cook the carrot, bell pepper, onion, garlic, and spinach in the heated oil until soft; set aside to cool.
- ☐ Mix together the turkey, pork, bread crumbs, wheat germ, eggs, 2 tablespoons ketchup, salt, and pepper in a large bowl.
- ☐ Add the vegetable mixture and continue to mix until evenly combined; shape into a loaf; lay on the prepared baking sheet.
- ☐ Whisk together the honey and 1 tablespoon ketchup in a small bowl; spread over the meatloaf.
- ☐ Bake in the preheated oven until no longer pink in the center, 60 to 70 minutes; remove to a serving platter and allow to rest 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:22.696087090865%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 317.67kcal (15.88%), Fat: 17.07g (26.26%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.82g (4.3%), Sugar: 4.03g (4.48%), Cholesterol: 112.93mg (37.64%), Sodium: 735.86mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.89%), Manganese: 1.15mg (57.7%), Selenium: 37.84µg (54.06%), Vitamin A: 2357.63IU (47.15%), Vitamin B3: 9.14mg (45.68%), Vitamin B1: 0.68mg (45.03%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 333.28mg (33.33%), Vitamin K: 27.78µg (26.46%), Zinc: 3.48mg (23.17%), Vitamin B2: 0.34mg (19.92%), Potassium: 508.22mg (14.52%), Magnesium: 56.91mg (14.23%), Vitamin C: 11.56mg (14.01%), Folate: 55.85µg (13.96%), Vitamin B12: 0.81µg (13.46%), Vitamin B5: 1.32mg (13.15%), Iron: 2.16mg (11.98%), Copper: 0.17mg (8.3%), Fiber: 2.02g (8.07%), Vitamin E: 0.86mg (5.7%), Calcium: 47.22mg (4.72%), Vitamin D: 0.45µg (2.98%)