



WHATSheATE



Old-fashioned Meat Loaf

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots grated
- ☐ 1 large eggs lightly beaten
- ☐ 1 garlic clove finely chopped
- ☐ 1 pound pd of ground turkey
- ☐ 2 tablespoons catsup
- ☐ 2 teaspoons brown sugar light
- ☐ 0.3 cup milk 1%
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup tomato sauce
- ☐ 0.5 cup vidalia sweet finely chopped
- ☐ 0.8 cup bread crumbs light fresh whole-wheat (from 2 slices bread)
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon mustard yellow

Equipment

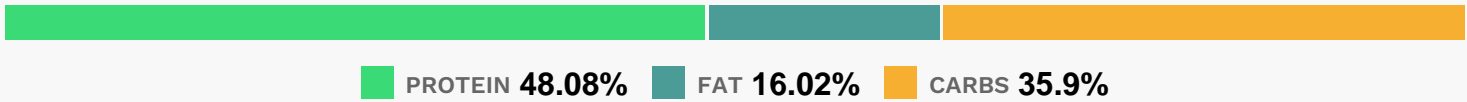
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375°F. Line a rimmed baking sheet with foil.
- ☐ To make the meat loaf: In a large bowl, combine the turkey, bread crumbs, onions, carrot, milk, tomato sauce, egg, garlic, Worcestershire sauce, salt, and pepper.
- ☐ Mix gently but thoroughly. Mound the meat loaf mixture onto the prepared baking sheet, patting it into a loaf shape with your hands.
- ☐ To make the topping: In a small bowl, combine the ketchup, brown sugar, and mustard. Spoon the topping over the meat loaf, using the back of the spoon to spread it evenly.
- ☐ Bake the meat loaf for about 45 minutes, or until the meat is no longer pink on the inside and is cooked through (165°F on an instant-read thermometer).
- ☐ Let it sit for 5 minutes, then slice and serve.
- ☐ Hands On
- ☐ My Mama always says that the best kitchen tools you have are the ones God gave you, and they're right on the ends of your arms! When you really need to get in there and get a good vigorous mix going, use a nice clean pair of hands. That's my advice for mixing up this meat loaf. It's faster and more efficient, not to mention kind of fun.
- ☐ Other

Reprinted with permission from From Mama's Table to Mine by Bobby Deen, © 2013 by Bobby Deen Enterprises, LLC Born in Georgia BOBBY DEEN is the son of famous Food Network host and bestselling cookbook author Paula Deen, as well as the host of his own show, the Cooking Channel's Not My Mama's Meals. Bobby, along with his brother, Jamie, got his start in the food business in 1989 delivering sandwiches as part of his mother's business, The Bag Lady. The three Deens then joined forces to open a restaurant, The lady & Sons, in Savannah. Bobby is a regular guest on Today, Good Morning America, Rachel Ray, and The Dr. Oz Show. He is a frequent guest on many Food Network Shows, including Paula's Home Cooking. Writer MELISSA CLARK's work appears in The New York Times, Food & Wine, Martha Stewart, and Real Simple. She has also collaborated on more than twenty cookbooks, one of which received both a James Beard Award and the Julia Child Cookbook Award in 2000.

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:19.293913125992%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 266.3kcal (13.32%), Fat: 4.76g (7.32%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 24g (8%), Net Carbohydrates: 22.26g (8.09%), Sugar: 8.08g (8.97%), Cholesterol: 109.61mg (36.54%), Sodium: 884.87mg (38.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.28%), Vitamin B3: 12.81mg (64.07%), Vitamin B6: 1.11mg (55.27%), Selenium: 35.15µg (50.21%), Vitamin A: 2016.71IU (40.33%), Phosphorus: 351.31mg (35.13%), Vitamin B1: 0.31mg (20.42%), Vitamin B2: 0.32mg (18.73%), Zinc: 2.64mg (17.6%), Potassium: 582.7mg (16.65%), Vitamin B5: 1.47mg (14.67%), Iron: 2.62mg (14.53%), Manganese: 0.29mg (14.36%), Vitamin B12: 0.85µg (14.17%), Magnesium: 52.96mg (13.24%), Folate: 46.08µg (11.52%), Copper: 0.18mg (9.06%), Calcium: 86.01mg (8.6%), Fiber: 1.74g (6.97%), Vitamin D: 0.87µg (5.77%), Vitamin C: 3.76mg (4.56%), Vitamin E: 0.64mg (4.29%), Vitamin K: 3.79µg (3.61%)