



Pancetta and Turkey Meatloaf Sandwiches

READY IN

ready

125 min.

SERVINGS

servings

6

CALORIES

calories

762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs dried plain
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 pound pd of ground turkey dark
- ☐ 1 cup mayonnaise
- ☐ 10 ounces pancetta sliced
- ☐ 0.5 cup romano grated

- ☐ 0.8 teaspoon salt
- ☐ 4 to 6 rolls italian
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 2 tablespoons milk whole

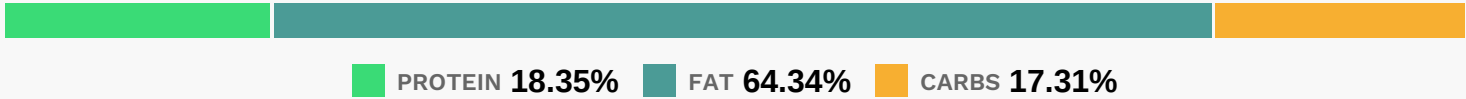
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl, stir together the bread crumbs, parsley, eggs, milk, cheese, sun-dried tomatoes, salt, and pepper.
- ☐ Add the turkey and gently stir to combine, being careful not to overwork the meat.
- ☐ On a baking sheet lined with parchment paper, lay out the pancetta, overlapping the slices, into a large rectangle shape. In the middle of the rectangle, place the turkey mixture, shaping into a loaf. Using the parchment paper, wrap the pancetta up and around the turkey loaf to cover completely. Squeeze the parchment-covered loaf with your hands to secure the pancetta and solidify the shape of the loaf. While still covered in parchment, bake the loaf until the internal temperature reaches 165 degrees F on an instant-read thermometer, about 45 minutes.
- ☐ Remove from the oven and let cool.
- ☐ In a blender, combine the arugula and the mayonnaise and process until smooth. Store in the refrigerator until ready to serve.
- ☐ To make the sandwiches, slice the rolls and spread with the arugula mayonnaise. Slice the turkey meatloaf and place on the rolls to make sandwiches.

Nutrition Facts



Properties

Glycemic Index:52.33, Glycemic Load:16.3, Inflammation Score:-6, Nutrition Score:23.999565083048%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 761.55kcal (38.08%), Fat: 54.32g (83.56%), Saturated Fat: 13.2g (82.52%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 30.89g (11.23%), Sugar: 5.97g (6.64%), Cholesterol: 159.71mg (53.24%), Sodium: 1274.61mg (55.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.71%), Vitamin K: 115.98µg (110.45%), Iron: 9.49mg (52.72%), Vitamin B3: 10.34mg (51.71%), Selenium: 36.05µg (51.5%), Vitamin B6: 0.85mg (42.57%), Phosphorus: 387.08mg (38.71%), Vitamin B1: 0.31mg (20.77%), Vitamin B2: 0.31mg (18.17%), Zinc: 2.69mg (17.96%), Potassium: 590.68mg (16.88%), Vitamin B12: 0.97µg (16.11%), Calcium: 158.28mg (15.83%), Vitamin B5: 1.5mg (15.04%), Vitamin A: 682.66IU (13.65%), Magnesium: 53.13mg (13.28%), Manganese: 0.25mg (12.75%), Vitamin E: 1.75mg (11.66%), Folate: 42.62µg (10.66%), Copper: 0.19mg (9.41%), Vitamin C: 6.62mg (8.03%), Fiber: 1.98g (7.94%), Vitamin D: 1µg (6.64%)