



Pilgrim Meatloaf

READY IN



105 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cloudy apple cider
- ☐ 3 tablespoons butter
- ☐ 2 small stalks celery with leafy tops, finely chopped
- ☐ 1 cups chicken stock see
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 1 tablespoon evoo plus more for drizzling
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 leaf flat parsley fresh finely chopped for garnish

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 pounds pd of ground turkey dark white (mix of and meat)
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 1 small mcintosh apples peeled chopped
- ☐ 1 small onion finely chopped
- ☐ 1 tablespoon poultry seasoning
- ☐ 1.5 cups stuffing cubes cubed traditional
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 2 cups turkey stock
- ☐ 1 cup cheddar shredded white extra-sharp crumbled
- ☐ 6 servings berry cranberry sauce whole homemade store-bought for serving (or)
- ☐ 1 tablespoon worcestershire sauce

Equipment

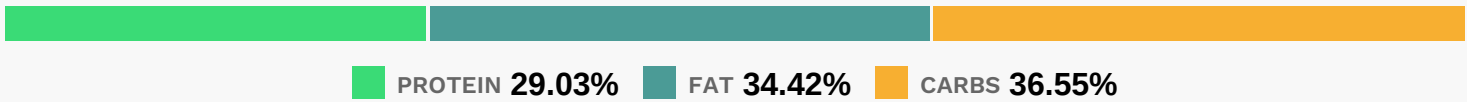
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ gravy boat

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat the butter and EVOO in a large skillet over medium heat.
- ☐ Add the thyme, celery, apples, onions, and salt and pepper to taste and cook until tender, 7 to 8 minutes.

- ☐ Transfer the mixture to a bowl and let cool. Pulse the stuffing cubes in a food processor until crumbs form, then transfer to a bowl and moisten with the chicken stock to soften. Cover the cranberries with hot water in a bowl and let soften, then drain.
- ☐ Put the turkey in a large bowl and sprinkle with salt and pepper.
- ☐ Add the stuffing crumbs, apple mixture, cranberries, cheese, poultry seasoning and egg and mix gently to combine. On a parchment-lined baking sheet, form the turkey mixture into a loaf that is 10 inches long and 4 inches high.
- ☐ Drizzle with EVOO and bake until golden and cooked through, 50 to 60 minutes. Slice the meatloaf and serve with Cider Gravy and cranberry sauce. Cook's Notes: Steamed green beans and mashed sweet potatoes are great alongside this meatloaf. For the sweet potatoes, boil 1 peeled and cubed potato per person until tender, then mash with chicken stock, salt, pepper, nutmeg and maple syrup to taste. The meatloaf can be covered and refrigerated for a make-ahead meal. Reheat in a moderate oven or slice and heat in a pan with chicken stock. The gravy, without the egg yolk, can be made ahead of time and refrigerated. Reheat over medium heat and add the egg yolk as directed.
- ☐ Heat the butter in a saucepan over medium heat.
- ☐ Add the flour and cook, whisking, for 2 minutes.
- ☐ Whisk in the stock, cider and Worcestershire sauce. Season with salt and lots of pepper. Simmer until the gravy is thick enough to coat the back of a spoon. Lightly beat the egg yolk, if using, in a medium bowl. Slowly pour in some of the gravy, whisking constantly to temper the yolk.
- ☐ Whisk in the remaining gravy.
- ☐ Transfer to a gravy boat or serving dish and garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:27.708695847055%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 644.97kcal (32.25%), Fat: 25.05g (38.54%), Saturated Fat: 10.13g (63.33%), Carbohydrates: 59.85g (19.95%), Net Carbohydrates: 55.92g (20.33%), Sugar: 35.66g (39.62%), Cholesterol: 184.01mg (61.34%), Sodium: 915.14mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.55g (95.09%), Selenium: 71.93µg (102.76%), Vitamin B3: 17.72mg (88.62%), Vitamin B6: 1.49mg (74.51%), Phosphorus: 533.35mg (53.34%), Vitamin B2: 0.51mg (30.16%), Zinc: 3.99mg (26.58%), Potassium: 797.82mg (22.79%), Vitamin K: 23.61µg (22.49%), Calcium: 196.4mg (19.64%), Iron: 3.37mg (18.7%), Vitamin B12: 1.12µg (18.67%), Vitamin B1: 0.27mg (17.98%), Magnesium: 71.87mg (17.97%), Vitamin B5: 1.78mg (17.77%), Vitamin E: 2.54mg (16.92%), Vitamin A: 842.13IU (16.84%), Folate: 64.96µg (16.24%), Fiber: 3.94g (15.74%), Manganese: 0.29mg (14.74%), Copper: 0.26mg (13.24%), Vitamin C: 6.09mg (7.38%), Vitamin D: 1.05µg (6.98%)