



Pizza Meat Loaves

READY IN



45 min.

SERVINGS



9

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 0.8 pound ground round
- ☐ 0.8 pound ground turkey breast
- ☐ 1 cup onion finely chopped
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 1.5 teaspoons commercial pesto
- ☐ 0.3 cup pizza sauce
- ☐ 0.3 cup bottled roasted bell peppers red
- ☐ 0.8 teaspoon salt

☐ 2 ounce bread white firm

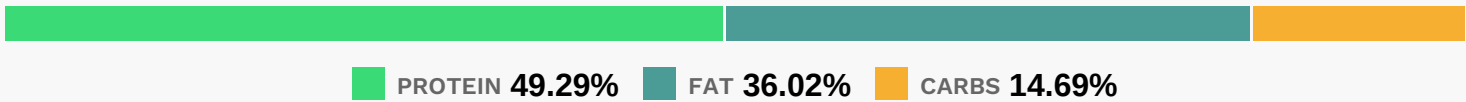
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Place bread slices in a food processor, and pulse 10 times or until fine crumbs measure 1 1/4 cups.
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 4 minutes or until lightly browned.
- ☐ Place onion in food processor.
- ☐ Add bell peppers, and pulse 10 times or until the bell peppers are chopped.
- ☐ Combine breadcrumbs, onion mixture, cheese, pesto, salt, turkey, beef, and egg. Divide beef mixture into 9 equal portions, shaping each into a (3 x 1-inch) loaf.
- ☐ Place loaves on a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 18 minutes or until lightly browned. Spoon about 1 1/2 teaspoons sauce over each loaf.
- ☐ Bake an additional 10 minutes or until a thermometer registers 160.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:9.5947826090066%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 155.26kcal (7.76%), Fat: 6.14g (9.45%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.5g (1.66%), Cholesterol: 68.11mg (22.7%), Sodium: 417.95mg (18.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.83%), Vitamin B3: 6.03mg (30.17%), Selenium: 18.41µg (26.3%), Vitamin B6: 0.52mg (26.02%), Phosphorus: 196.7mg (19.67%), Vitamin B12: 1.1µg (18.39%), Zinc: 2.75mg (18.33%), Vitamin B2: 0.16mg (9.47%), Iron: 1.63mg (9.03%), Potassium: 311.04mg (8.89%), Vitamin B5: 0.73mg (7.31%), Magnesium: 25.33mg (6.33%), Vitamin B1: 0.09mg (5.71%), Calcium: 55.65mg (5.57%), Vitamin C: 4.36mg (5.29%), Folate: 20.2µg (5.05%), Manganese: 0.09mg (4.33%), Copper: 0.09mg (4.3%), Vitamin A: 138.07IU (2.76%), Fiber: 0.66g (2.64%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.31µg (2.06%)