



Rosemary Turkey Meatloaf

READY IN



75 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.8 cup brown sugar
- ☐ 1 cup tomato sauce canned
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1.5 pounds pd of ground turkey

- ☐ 1 cup milk
- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

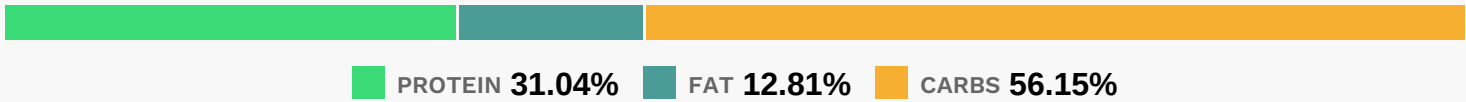
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large mixing bowl, mix together the ground turkey, bread crumbs, onion, egg and milk. Season with balsamic vinegar, salt, pepper and rosemary. Press into the prepared pan. Blend together the tomato sauce, brown sugar and mustard; pour evenly over the top of the loaf.
- ☐ Bake for 1 hour in the preheated oven, or until juices run clear when pricked with a knife.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:16.168695501659%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 336.14kcal (16.81%), Fat: 4.79g (7.37%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 45.1g (16.4%), Sugar: 27.26g (30.28%), Cholesterol: 70.9mg (23.63%), Sodium: 727.09mg (31.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.21%), Vitamin B3: 10.45mg (52.23%), Vitamin B6: 0.85mg (42.62%), Selenium: 29.07µg (41.53%), Phosphorus: 298.66mg (29.87%), Vitamin B1: 0.35mg (23.43%), Manganese: 0.39mg (19.54%), Vitamin B2: 0.29mg (17.15%), Iron: 2.73mg (15.15%), Potassium: 523.67mg (14.96%), Zinc: 2.22mg (14.78%), Magnesium: 52.1mg (13.03%), Calcium: 125.76mg (12.58%), Vitamin B5: 1.25mg (12.49%), Vitamin B12: 0.74µg (12.36%), Folate: 44.45µg (11.11%), Copper: 0.18mg (9.2%), Fiber: 2.11g (8.45%), Vitamin D: 0.79µg (5.24%), Vitamin A: 246.95IU (4.94%), Vitamin C: 3.37mg (4.08%), Vitamin E: 0.61mg (4.05%), Vitamin K: 3.25µg (3.09%)