



Sage Turkey Meat Loaves with Onion and Cider Gravy

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples shredded peeled (1 medium)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 tablespoons sage fresh minced
- ☐ 6 servings onion and cider gravy
- ☐ 1.5 pounds pd of ground turkey
- ☐ 0.5 teaspoon salt

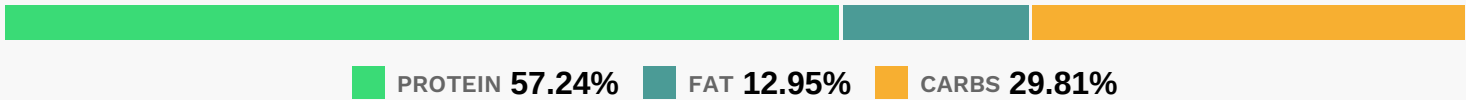
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 6 ingredients in a large bowl. Divide turkey mixture into 6 equal portions, shaping each into an oval-shaped loaf.
- ☐ Place loaves on a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 25 minutes or until a thermometer inserted in center registers 165
- ☐ While meat loaves bake, prepare Onion and Cider Gravy.
- ☐ Serve meat loaves with gravy.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:18.536521787229%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12mg, Quercetin: 12mg, Quercetin: 12mg, Quercetin: 12mg

Nutrients (% of daily need)

Calories: 198.72kcal (9.94%), Fat: 2.89g (4.44%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 12.91g (4.7%), Sugar: 5.06g (5.62%), Cholesterol: 62.37mg (20.79%), Sodium: 320.04mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Copper: 6.18mg (309.04%), Vitamin B3: 11.69mg (58.45%), Vitamin B6: 1.06mg (52.89%), Selenium: 27.61µg (39.45%), Phosphorus: 291.51mg (29.15%), Manganese: 0.39mg (19.43%), Zinc: 2.27mg (15.12%), Potassium: 465.54mg (13.3%), Vitamin B1: 0.19mg (12.82%), Magnesium: 46.99mg (11.75%), Vitamin B5: 1.13mg (11.3%), Vitamin B2: 0.18mg (10.49%), Vitamin B12: 0.61µg (10.16%), Iron: 1.69mg (9.39%), Fiber: 2.03g (8.1%), Folate: 29.81µg (7.45%), Vitamin C: 5.03mg (6.09%), Calcium: 47.74mg (4.77%), Vitamin D: 0.45µg (3.02%), Vitamin K: 1.55µg (1.47%)