



Sage Turkey Meatloaves with Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pd of ground turkey
- 1 cup apples shredded peeled (1 medium)
- 0.5 cup breadcrumbs plain
- 2 tablespoons sage fresh finely chopped
- 0.8 teaspoon salt
- 0.5 teaspoon pepper
- 1 cup apple cider
- 1 cup chicken broth reduced-sodium (from 32-oz carton)
- 1 tablespoon butter light

- 1 large onion sweet sliced
- 1 tablespoon cornstarch
- 1 tablespoon water

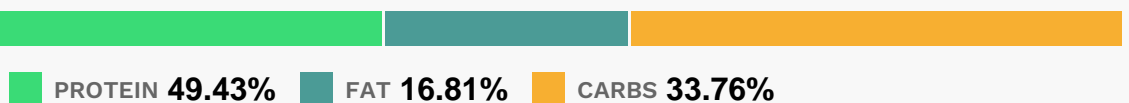
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- kitchen thermometer
- broiler pan

Directions

- Heat oven to 425°F. Spray broiler pan with cooking spray. In large bowl, mix turkey, apple, bread crumbs, sage, 1/2 teaspoon of the salt and the pepper. Shape mixture into 6 oval-shaped loaves.
- Place on pan
- Bake uncovered 25 minutes or until meat thermometer inserted in center of loaves reads 165°F.
- Meanwhile, in 2-quart saucepan, heat cider and broth to boiling; boil about 20 minutes or until reduced to 1 cup. In large nonstick skillet, melt butter over medium-high heat; add onion. Cook 10 minutes, stirring frequently, until golden brown; set aside. In small bowl, stir cornstarch, water and remaining 1/4 teaspoon salt with whisk; add to reduced cider mixture, stirring constantly. Cook over medium heat 1 minute or until slightly thickened. Stir in onion.
- Serve meatloaves with gravy.

Nutrition Facts



Properties

Glycemic Index:17.46, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:18.998260943786%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 4.45g (6.84%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.42g (6.7%), Sugar: 9.33g (10.37%), Cholesterol: 64.84mg (21.61%), Sodium: 433.61mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.43g (58.87%), Copper: 6.22mg (310.81%), Vitamin B3: 12.27mg (61.34%), Vitamin B6: 1.07mg (53.74%), Selenium: 27.71µg (39.59%), Phosphorus: 305.97mg (30.6%), Manganese: 0.39mg (19.48%), Zinc: 2.3mg (15.34%), Potassium: 526.16mg (15.03%), Vitamin B1: 0.2mg (13.21%), Magnesium: 49mg (12.25%), Vitamin B2: 0.19mg (11.45%), Vitamin B5: 1.14mg (11.36%), Vitamin B12: 0.65µg (10.87%), Iron: 1.88mg (10.45%), Folate: 32.07µg (8.02%), Fiber: 1.68g (6.71%), Calcium: 52.13mg (5.21%), Vitamin C: 3.96mg (4.8%), Vitamin D: 0.48µg (3.18%), Vitamin A: 81.08IU (1.62%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.18mg (1.18%)