



## Santa Fe Meat Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 slices add carrot and onion to bacon fat . cook crumbled cooked (such as Oscar Mayer)
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon chipotles in adobo canned minced
- ☐ 0.8 cup breadcrumbs dry
- ☐ 2 large egg whites
- ☐ 0.5 pound pd of ground turkey 7%
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound pd of ground turkey

- ☐ 3 ounces pizza cheese shredded 2% mexican-style reduced-fat kraft finely (such as milk)
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.7 cup salsa divided

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, bell pepper, chili powder, cumin, and garlic to pan; saut 1 1/2 minutes or until onion is tender. Stir in chipotle chile; saut 30 seconds.
- ☐ Remove from pan; cool.
- ☐ Combine onion mixture, turkey, turkey breast, breadcrumbs, 1/3 cup salsa, oregano, bacon, and egg whites in a large bowl.
- ☐ Place half of turkey mixture in an 8 x 4-inch loaf pan coated with cooking spray. Arrange cheese over top, leaving a 1/2-inch border around outside edges. Arrange remaining turkey mixture over cheese, pressing edges to pack.
- ☐ Spread the remaining 1/3 cup salsa over top of meat loaf.
- ☐ Bake at 350 for 1 hour and 25 minutes or until a thermometer registers 16
- ☐ Let stand 10 minutes.
- ☐ Remove from pan; cut into 12 slices.

## Nutrition Facts



 PROTEIN **50.99%**  FAT **25.82%**  CARBS **23.19%**

Properties

Glycemic Index:16.5, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:16.663478312285%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 263.48kcal (13.17%), Fat: 7.69g (11.82%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.44g (4.89%), Sugar: 3.16g (3.51%), Cholesterol: 66.15mg (22.05%), Sodium: 399.92mg (17.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.15g (68.3%), Vitamin B3: 12.41mg (62.06%), Vitamin B6: 1.12mg (55.78%), Selenium: 31.37µg (44.82%), Phosphorus: 301.99mg (30.2%), Zinc: 2.35mg (15.68%), Vitamin C: 12.78mg (15.49%), Vitamin B1: 0.23mg (15.23%), Vitamin B2: 0.25mg (14.66%), Potassium: 512.08mg (14.63%), Manganese: 0.25mg (12.62%), Magnesium: 49.07mg (12.27%), Vitamin B5: 1.21mg (12.12%), Iron: 2.1mg (11.69%), Vitamin A: 533.39IU (10.67%), Vitamin B12: 0.64µg (10.59%), Fiber: 2.1g (8.38%), Folate: 32.41µg (8.1%), Calcium: 80.56mg (8.06%), Copper: 0.14mg (7.05%), Vitamin E: 0.78mg (5.18%), Vitamin K: 5.03µg (4.79%), Vitamin D: 0.48µg (3.19%)