



Savory Meatloaf (lighter)

READY IN



95 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds pd of ground turkey
- 1 cup skim milk fat-free (skim)
- 1 tablespoon worcestershire sauce
- 1 teaspoon sage dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper
- 1 garlic powder finely chopped
- 0.3 cup eggs fat-free

- 3 slices bread
- 0.3 cup onion chopped
- 0.5 cup barbecue sauce

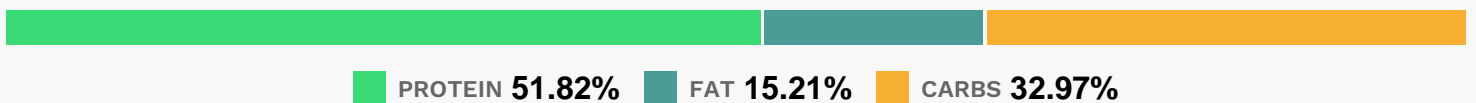
Equipment

- frying pan
- oven
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 350°F.
- Mix all ingredients except ketchup.
- Spread mixture in ungreased loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches, or shape into 9x5-inch loaf in ungreased rectangular pan, 13x9x2 inches.
- Spread ketchup over top.
- Insert meat thermometer so tip is in center of loaf.
- Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer reads 180°F.
- Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:25.99, Glycemic Load:4.39, Inflammation Score:-4, Nutrition Score:18.115217395451%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 241.66kcal (12.08%), Fat: 4.08g (6.28%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.92g (6.88%), Sugar: 11.4g (12.66%), Cholesterol: 101.26mg (33.75%), Sodium: 631.7mg (27.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.53%), Vitamin B3: 12.03mg (60.14%), Copper: 1.13mg (56.68%), Vitamin B6: 1.06mg (52.89%), Selenium: 33.77µg (48.24%), Phosphorus: 349.94mg (34.99%), Zinc: 2.54mg (16.91%), Vitamin B2: 0.27mg (16.13%), Potassium: 529.91mg (15.14%), Vitamin B12: 0.91µg (15.09%), Vitamin B5: 1.46mg (14.65%), Manganese: 0.27mg (13.32%), Magnesium: 50.33mg (12.58%), Vitamin B1: 0.17mg (11.23%), Iron: 1.94mg (10.79%), Calcium: 96.15mg (9.62%), Vitamin D: 1.11µg (7.37%), Folate: 28.88µg (7.22%), Vitamin A: 222.87IU (4.46%), Fiber: 0.97g (3.87%), Vitamin E: 0.42mg (2.78%), Vitamin K: 1.35µg (1.28%), Vitamin C: 1.05mg (1.27%)