



Savory Turkey Meatloaf Florentine

 Dairy Free

READY IN



100 min.

SERVINGS



40

CALORIES



41 kcal

Ingredients

- 1 Tbsp grey poupon country dijon mustard
- 1 tsp basil leaves dried
- 0.5 cup cholesterol-free egg product
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 clove garlic minced
- 1 Tbsp honey
- 1.5 lb extra-lean ground turkey breast fat-free 99%
- 0.3 cup onions chopped
- 0.5 cup pasilla peppers red chopped

- 0.5 cup heinz tomato ketchup
- 0.5 cup creamy wheat cereal hot uncooked (enriched farina) (1-minute, 2-)

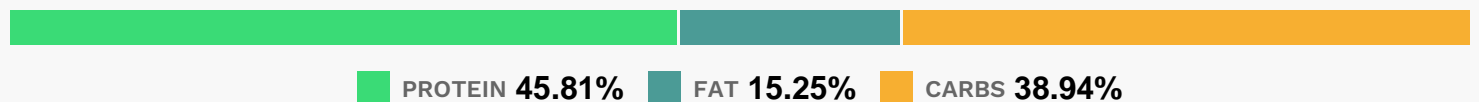
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Mix first 6 ingredients in large bowl until well blended.
- Add spinach, peppers and onions; mix well.
- Shape into 9x4-inch loaf in 13x9-inch pan sprayed with cooking spray.
- Bake 45 min.
- Mix mustard and honey; brush onto meatloaf.
- Bake 25 to 35 min. or until done (165F).
- Let stand 10 min. before slicing.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:6.7126086846642%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 41.45kcal (2.07%), Fat: 0.75g (1.15%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.62g (1.31%), Sugar: 1.57g (1.74%), Cholesterol: 20.65mg (6.88%), Sodium: 66.73mg (2.9%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Vitamin K: 27.17µg (25.87%), Vitamin A: 957.43IU (19.15%), Vitamin D: 2.64µg (17.63%), Vitamin B6: 0.21mg (10.39%), Vitamin B3: 2.07mg (10.36%), Folate: 39.7µg (9.92%), Selenium: 5.29µg (7.55%), Iron: 1.29mg (7.14%), Phosphorus: 59.73mg (5.97%), Zinc: 0.73mg (4.85%), Vitamin B2: 0.08mg (4.83%), Vitamin C: 3.38mg (4.09%), Magnesium: 14.3mg (3.58%), Vitamin B12: 0.21µg (3.47%), Manganese: 0.06mg (3.24%), Potassium: 105.47mg (3.01%), Vitamin B1: 0.04mg (2.98%), Fiber: 0.68g (2.72%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.21mg (2.14%), Calcium: 19.64mg (1.96%), Copper: 0.03mg (1.35%)