

DINNER

Skinny Turkey-Spinach Meat Loaf

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.57	277 kcal

The recipe Skinny Turkey-Spinach Meat Loaf can be made in around 45 minutes. This recipe serves 8 and costs \$2.57 per serving. One portion of this dish contains approximately 32g of protein, 8g of fat, and a total of 277 calories.

Ingredients

☐ ½ teaspoon freshly ground black pepper	☐ 1 cup dry breadcrumbs
☐ 4 large egg whites	☐ ½ cup fat-free milk
☐ 3 garlic cloves, minced	☐ ½ pound ground beef, extralean
☐ 1½ pounds ground turkey breast	☐ ½ cup ketchup
☐ 1 cup finely chopped onion	☐ 1 teaspoon salt
☐ 20 ounce packages frozen leaf spinach, thawed, drained, and squeezed dry	☐ 1 tablespoon Worcestershire sauce

EQUIPMENT Frying pan, Oven, Kitchen thermometer, Broiler pan

Method

- 1 Preheat oven to 35
- 2 Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- 3 Add onion, and saut 4 minutes.
- 4 Add garlic, and saut 30 seconds.

- 5 Remove from heat.
- 6 Combine onion mixture, breadcrumbs, and the next 8 ingredients (breadcrumbs through spinach), stirring well.
- 7 Shape meat mixture into a 12 x 5-inch loaf on a broiler pan coated with cooking spray.
- 8 Brush ketchup over the top of the loaf.
- 9 Bake at 350 for 45 minutes or until a thermometer registers 160; let stand 10 minutes before slicing.

Nutrition per serving

277
KCAL

32 g
PROTEIN

8 g
FAT

20 g
CARBS

Saturated Fat	2.8 g · 18% of daily needs
Fibre	2.6 g · 10% of daily needs
Sugar	6.3 g · 7% of daily needs
Sodium	706 mg · 31% of daily needs
Cholesterol	67.4 mg · 22% of daily needs
Vitamin C	22.6 mg · 27% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/skinny-turkey-spinach-meat-loaf-148405