



Spicy Turkey Meat Loaf with Ketchup Topping

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 0.1 teaspoon mustard dry
- 1 large eggs lightly beaten
- 0.3 cup less-sodium chicken broth fat-free
- 3 tablespoons flat-leaf parsley fresh chopped
- 3 garlic cloves chopped
- 0.1 teaspoon ground nutmeg

- 1.5 pounds ground turkey breast
- 0.5 cup catsup
- 1 tablespoon soya sauce low-sodium
- 8 ounce pre mushrooms
- 2 cups onion chopped
- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 1 tablespoon sriracha such as huy fong) hot
- 1 tablespoon worcestershire sauce

Equipment

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

Directions

- Preheat oven to 35
- Melt butter in a large nonstick skillet over medium heat.
- Add onion, mushrooms, and garlic to pan; cook 8 minutes, stirring occasionally.
- Remove from heat; cool 5 minutes.
- Combine mushroom mixture, panko, and next 8 ingredients (through egg) in a large bowl; stir well to combine. Shape turkey mixture into a 9 x 5inch rectangle on a broiler pan coated with cooking spray.
- Combine ketchup, brown sugar, mustard, and nutmeg in a small bowl, stirring with a whisk.
- Spread ketchup mixture evenly over top of meat loaf; bake at 350 for 40 minutes or until a thermometer registers 16
- Let stand for 10 minutes before serving.

Nutrition Facts

PROTEIN 48.5% FAT 19.5% CARBS 32%

Properties

Glycemic Index:34.13, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:14.722608638846%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 188.14kcal (9.41%), Fat: 4.19g (6.45%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.07g (5.12%), Sugar: 7.57g (8.41%), Cholesterol: 73.79mg (24.6%), Sodium: 416.82mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Vitamin B3: 10.03mg (50.17%), Vitamin B6: 0.87mg (43.54%), Selenium: 25.52µg (36.46%), Phosphorus: 263.75mg (26.37%), Vitamin K: 26.01µg (24.77%), Vitamin B2: 0.3mg (17.89%), Potassium: 506.99mg (14.49%), Vitamin B5: 1.39mg (13.91%), Zinc: 1.96mg (13.05%), Vitamin B1: 0.16mg (10.68%), Copper: 0.2mg (10.11%), Magnesium: 39.73mg (9.93%), Vitamin C: 8.01mg (9.71%), Manganese: 0.19mg (9.41%), Vitamin B12: 0.54µg (8.96%), Iron: 1.61mg (8.95%), Folate: 33.22µg (8.31%), Vitamin A: 307.99IU (6.16%), Fiber: 1.4g (5.58%), Calcium: 38.4mg (3.84%), Vitamin D: 0.52µg (3.48%), Vitamin E: 0.43mg (2.85%)