



Sun-Dried Tomato Meat Loaf with Red Currant-Wine Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry red
- ☐ 2 large eggs
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2.5 pounds ground turkey breast
- ☐ 1 cup onion finely chopped

- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 0.5 cup currant jelly red
- ☐ 0.3 cup sun-dried tomato sprinkles
- ☐ 3 ounce bread white

Equipment

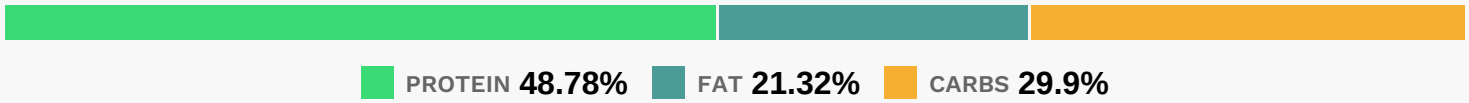
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Coat 2 (8 x 4-inch) loaf pans with cooking spray; set aside.
- ☐ To prepare meat loaves, place bread in food processor; pulse 10 times or until coarse crumbs form.
- ☐ Combine breadcrumbs, onion, and next 7 ingredients (onion through eggs). Divide meat mixture in half. Press each portion into prepared pans.
- ☐ Bake at 400 for 55 minutes or until a meat thermometer registers 180
- ☐ To prepare sauce, combine jelly, wine, and flour in a small saucepan. Bring to a boil; cook 5 minutes or until jelly melts.
- ☐ To freeze unbaked meat loaf: Prepare through Step Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.
- ☐ To prepare frozen unbaked meat loaf: Thaw completely in refrigerator (about 24 hours). Preheat oven to 400
- ☐ Remove foil; reserve foil.

- ☐
- Remove plastic wrap; discard wrap. Cover meat loaf with reserved foil; bake at 400 for 45 minutes. Uncover and bake an additional 45 minutes or until a meat thermometer registers 180 degrees F.
- ☐
- Prepare half of red currant–wine sauce; serve over meat loaf.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:10.47, Inflammation Score:-5, Nutrition Score:17.92869564243%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 280.15kcal (14.01%), Fat: 6.56g (10.09%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.5g (7.09%), Sugar: 10.91g (12.13%), Cholesterol: 107.28mg (35.76%), Sodium: 305.36mg (13.28%), Alcohol: 0.63g (100%), Alcohol %: 0.42% (100%), Protein: 33.78g (67.57%), Vitamin B3: 11.86mg (59.29%), Vitamin B6: 1.06mg (53%), Selenium: 33.52µg (47.89%), Phosphorus: 390.04mg (39%), Vitamin K: 31.48µg (29.98%), Calcium: 178.72mg (17.87%), Zinc: 2.66mg (17.75%), Potassium: 547.8mg (15.65%), Vitamin B2: 0.26mg (15.45%), Vitamin B5: 1.36mg (13.64%), Vitamin B12: 0.8µg (13.39%), Magnesium: 52.63mg (13.16%), Iron: 2.04mg (11.32%), Vitamin B1: 0.16mg (10.46%), Manganese: 0.19mg (9.75%), Folate: 34.91µg (8.73%), Copper: 0.17mg (8.66%), Vitamin C: 6.7mg (8.12%), Vitamin A: 393.13IU (7.86%), Fiber: 1.2g (4.82%), Vitamin D: 0.71µg (4.74%), Vitamin E: 0.27mg (1.83%)