



Sweet Potato-Turkey Meatloaf

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup honey barbecue sauce
- 1 tablespoon pepper black freshly ground to taste
- 2 slices bread whole-wheat
- 2 tablespoons dijon mustard
- 1 large eggs
- 2 cloves garlic minced
- 1 pound ground turkey breast
- 0.3 cup catsup

- 1 tablespoon salt to taste
- 1 small onion sweet finely chopped
- 1 large sweet potatoes and into cubed peeled

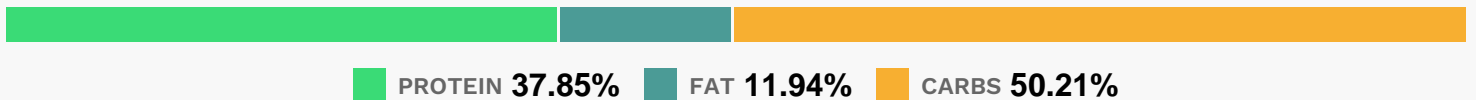
Equipment

- oven
- mixing bowl
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart baking dish.
- Bring a pot of lightly salted water to a boil.
- Add the sweet potato, and cook until soft, about 10 minutes.
- Drain the sweet potatoes, and mash or whip until smooth.
- Mix the ground turkey together with the egg, sweet onion, garlic, barbecue sauce, ketchup, Dijon mustard, and whole wheat bread crumbs in a large mixing bowl. Season to taste with salt and pepper.
- Add the sweet potatoes, and stir until evenly combined. If the mixture seems too wet, add more bread crumbs. Use your hands to form the turkey mixture into a loaf shape and place in the prepared baking dish.
- Bake in the preheated oven 1 hour. Slice the loaf to serve.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:12.36, Inflammation Score:-10, Nutrition Score:25.794347700865%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 339.29kcal (16.96%), Fat: 4.58g (7.05%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 38.55g (14.02%), Sugar: 17.82g (19.8%), Cholesterol: 108.87mg (36.29%), Sodium: 2342.5mg (101.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin A: 12286.56IU (245.73%), Vitamin B6: 1.36mg (67.95%), Vitamin B3: 12.78mg (63.88%), Selenium: 37.03µg (52.9%), Phosphorus: 382.76mg (38.28%), Manganese: 0.75mg (37.44%), Potassium: 877.62mg (25.07%), Vitamin B5: 2.15mg (21.54%), Magnesium: 79.68mg (19.92%), Fiber: 4.79g (19.18%), Vitamin B2: 0.32mg (19.06%), Zinc: 2.81mg (18.73%), Vitamin B1: 0.26mg (17.18%), Copper: 0.33mg (16.36%), Iron: 2.8mg (15.57%), Folate: 57.76µg (14.44%), Vitamin B12: 0.69µg (11.49%), Calcium: 93.27mg (9.33%), Vitamin C: 7.26mg (8.8%), Vitamin E: 0.88mg (5.87%), Vitamin K: 5.87µg (5.59%), Vitamin D: 0.7µg (4.69%)