



Tastiest Turkey Meatloaf

READY IN



95 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb pd of ground turkey
- 6 oz yogurt plain fat free
- 0.3 cup catsup
- 0.8 cup breadcrumbs italian
- 1 tablespoon worcestershire sauce
- 0.8 teaspoon salt
- 0.3 teaspoon ground sage
- 0.3 teaspoon pepper
- 2 cloves garlic powder finely chopped

- 1 small onion chopped
- 1 eggs slightly beaten
- 0.5 cup catsup
- 0.5 teaspoon ground mustard
- 1 tablespoon brown sugar packed

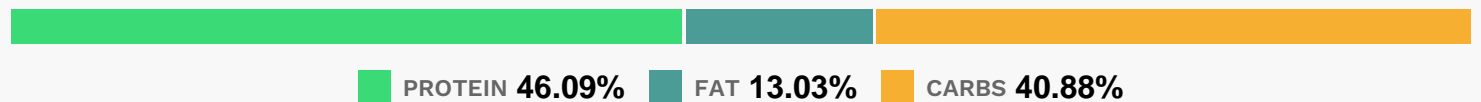
Equipment

- bowl
- frying pan
- oven
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 375°F. In large bowl, mix meatloaf ingredients.
- Spread mixture in ungreased 8x4- or 9x5-inch loaf pan, or shape into 9x5-inch loaf in ungreased 13x9-inch pan.
- In small bowl, mix topping ingredients; spread over top.
- Bake uncovered 1 hour to 1 hour 10 minutes or until meat thermometer inserted in center of loaf reads 170°F.
- Let stand 5 minutes; drain.
- Remove from pan.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:14.69304329416%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 232.45kcal (11.62%), Fat: 3.41g (5.25%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 23.14g (8.41%), Sugar: 12.17g (13.52%), Cholesterol: 79.82mg (26.61%), Sodium: 780.14mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.35%), Vitamin B3: 10.59mg (52.93%), Vitamin B6: 0.92mg (46.12%), Selenium: 28.3µg (40.42%), Phosphorus: 311.67mg (31.17%), Vitamin B2: 0.31mg (18.3%), Zinc: 2.33mg (15.52%), Potassium: 520.72mg (14.88%), Vitamin B1: 0.22mg (14.62%), Vitamin B12: 0.77µg (12.79%), Vitamin B5: 1.24mg (12.36%), Magnesium: 46.13mg (11.53%), Iron: 1.87mg (10.41%), Calcium: 101.26mg (10.13%), Manganese: 0.2mg (9.9%), Folate: 34.47µg (8.62%), Copper: 0.14mg (6.98%), Vitamin A: 222.33IU (4.45%), Vitamin E: 0.61mg (4.06%), Fiber: 0.97g (3.88%), Vitamin D: 0.52µg (3.5%), Vitamin C: 2.73mg (3.31%), Vitamin K: 2.16µg (2.06%)