



Thai Green Curry Turkey and Zucchini Meatloaf in a Coconut Milk Green Curry Sauce

 Dairy Free  Popular

READY IN



55 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs
- ☐ 14 ounce coconut milk canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 eggs
- ☐ 2 tablespoons fish sauce
- ☐ 3 cloves garlic chopped
- ☐ 0.3 cup green onions sliced

- ☐ 1.5 pounds pd of ground turkey
- ☐ 2 kaffir lime leaves sliced
- ☐ 2 tablespoon juice of lime (- 1 lime)
- ☐ 1 lime zest
- ☐ 1 teaspoon oil
- ☐ 2 teaspoons coconut sugar (or sugar)
- ☐ 2 tablespoon thai curry paste green to taste (or)
- ☐ 2 cups zucchini shredded

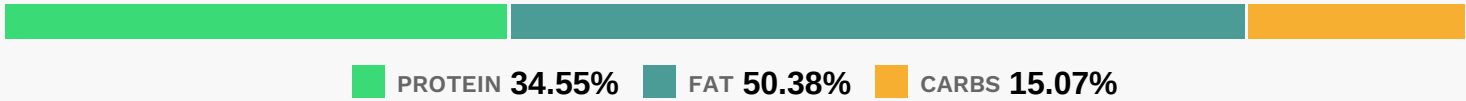
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the turkey, zucchini, eggs, bread crumbs, curry paste, fish sauce, lime zest, garlic, green onion and cilantro, form into a loaf and place on a baking sheet.
- ☐ Bake in a preheated 350F oven until it reaches 160F, about 40–50 minutes.Meanwhile, heat the oil in a pan over medium–high heat, add the curry paste and let it sizzle for a few minutes before adding the coconut milk, fish sauce, lime juice, sugar and kaffir lime leaves, bring to a boil and simmer for 5 minutes.Slice the meatloaf and serve topped with coconut milk curry.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:15.429130388343%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg, Hesperetin: 3.94mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 260.17kcal (13.01%), Fat: 15.14g (23.29%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.11g (4.56%), Cholesterol: 67.24mg (22.41%), Sodium: 450.49mg (19.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin B3: 9.23mg (46.16%), Vitamin B6: 0.85mg (42.5%), Selenium: 25.39µg (36.27%), Manganese: 0.6mg (29.75%), Phosphorus: 278.23mg (27.82%), Vitamin A: 775.19IU (15.5%), Magnesium: 60.91mg (15.23%), Potassium: 520.32mg (14.87%), Vitamin C: 11.91mg (14.44%), Zinc: 2.11mg (14.09%), Iron: 2.16mg (11.98%), Copper: 0.23mg (11.45%), Vitamin B5: 1.05mg (10.52%), Vitamin B2: 0.17mg (10.06%), Vitamin K: 10.16µg (9.68%), Vitamin B1: 0.13mg (8.91%), Folate: 35.27µg (8.82%), Vitamin B12: 0.52µg (8.67%), Fiber: 2.11g (8.44%), Calcium: 41.86mg (4.19%), Vitamin D: 0.45µg (3%), Vitamin E: 0.38mg (2.52%)