



## Turkey and Apricot Meatloaf

READY IN



120 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pound ground dark-meat turkey
- ☐ 1 tablespoon ancho chile powder
- ☐ 3 tablespoons apricot preserves divided
- ☐ 0.5 cup california apricots dried finely chopped
- ☐ 1 cup coarse bread crumbs fresh white (from 2 slices sandwich bread)
- ☐ 1 medium carrots finely chopped
- ☐ 2 medium rib celery finely chopped
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley chopped

- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1.5 tablespoons soya sauce divided
- ☐ 2 teaspoons water
- ☐ 0.3 cup milk whole
- ☐ 1 tablespoon worcestershire sauce

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Soak bread crumbs in milk in a large bowl.
- ☐ Meanwhile, cook celery, carrot, onion, and garlic with chile powder and 1/2 teaspoon salt in oil in a large heavy skillet over medium heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Add to bread-crumb mixture with turkey, dried apricots, parsley, 1 tablespoon preserves, 1 tablespoon soy sauce, Worcestershire sauce, eggs, 1 1/4 teaspoon salt, and 1/2 teaspoon pepper and mix with your hands until just combined. Form into a 9- by 5-inch oval loaf (mixture will spread slightly) in a 13- by 9-inch shallow baking dish.
- ☐ Stir together water, remaining 2 tablespoons preserves, and remaining 1/2 tablespoon soy sauce and brush over surface of meatloaf.
- ☐ Bake until an instant-read thermometer inserted into center registers 165°F, 1 to 1 1/4 hours.
- ☐ Let stand 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 31.51%**  **FAT 52.13%**  **CARBS 16.36%**

Properties

Glycemic Index:56.21, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:24.854347560717%

Flavonoids

Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 412.45kcal (20.62%), Fat: 24.25g (37.31%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.37g (5.59%), Sugar: 8.42g (9.36%), Cholesterol: 175.51mg (58.5%), Sodium: 494.37mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.99g (65.97%), Vitamin K: 90.92µg (86.59%), Vitamin A: 3010.85IU (60.22%), Selenium: 36.63µg (52.32%), Vitamin B3: 9.2mg (46.01%), Phosphorus: 375.18mg (37.52%), Vitamin B12: 2.04µg (33.93%), Vitamin B6: 0.67mg (33.59%), Zinc: 4.4mg (29.31%), Vitamin B2: 0.44mg (25.89%), Vitamin B5: 2mg (19.97%), Iron: 3.35mg (18.59%), Potassium: 565.49mg (16.16%), Vitamin E: 2.41mg (16.06%), Vitamin C: 11.48mg (13.91%), Copper: 0.25mg (12.55%), Vitamin B1: 0.19mg (12.46%), Magnesium: 49.11mg (12.28%), Folate: 42.58µg (10.64%), Calcium: 102.15mg (10.21%), Manganese: 0.18mg (9.2%), Vitamin D: 1.09µg (7.25%), Fiber: 1.75g (6.99%)