



Turkey and Roasted Red Pepper Meat Loaf

READY IN



15 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons dijon mustard
- ☐ 1 eggs beaten
- ☐ 1 cup flat-leaf parsley chopped
- ☐ 1.5 pounds pd of ground turkey
- ☐ 4 servings kosher salt and pepper
- ☐ 6 cups greens mixed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup parmesan grated

- ☐ 7 ounce roasted peppers red cut into 1/2-inch pieces
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 small onion yellow chopped

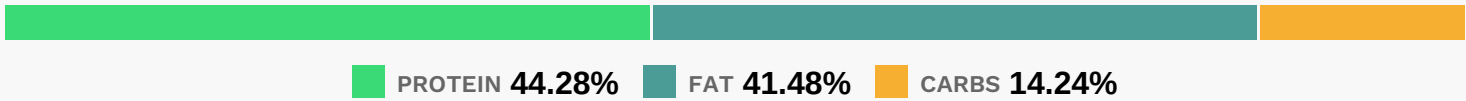
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Heat oven to 400 F.
- ☐ Combine the turkey, onion, bread crumbs, egg, Parmesan, 2 tablespoons of the mustard, the parsley, red peppers, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a large bowl. Shape the meat into an 8-inch loaf and place in a baking dish. (See Tip, below.)
- ☐ Bake until no trace of pink remains (internal temperature should be 165 F), about 45 minutes.
- ☐ Transfer to a cutting board and let rest 15 minutes before slicing.
- ☐ Whisk together the remaining mustard, the vinegar, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl.Divide the greens among individual plates and drizzle the vinaigrette over the top.
- ☐ Serve with the sliced meat loaf.Tip: A loaf pan isn't the best choice for baking meat loaf. Instead use a large pan with 1 1/2- to 2-inch sides, such as a metal, glass, or ceramic 7-by-11-inch baking dish, which will allow the heat to circulate over the meat, cooking it evenly.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:37.123043392016%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 486.6kcal (24.33%), Fat: 22.62g (34.79%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 15.14g (5.51%), Sugar: 2.05g (2.28%), Cholesterol: 151.47mg (50.49%), Sodium: 1582.37mg (68.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.32g (108.65%), Vitamin K: 253.85µg (241.76%), Vitamin B3: 18.35mg (91.73%), Vitamin B6: 1.69mg (84.58%), Selenium: 53.04µg (75.77%), Vitamin C: 58.28mg (70.65%), Phosphorus: 659.17mg (65.92%), Vitamin A: 2506.03IU (50.12%), Calcium: 390.01mg (39%), Zinc: 4.47mg (29.83%), Vitamin B2: 0.44mg (25.62%), Potassium: 863.57mg (24.67%), Iron: 4.3mg (23.88%), Magnesium: 92.52mg (23.13%), Folate: 91.76µg (22.94%), Vitamin B12: 1.31µg (21.88%), Vitamin B1: 0.32mg (21.05%), Vitamin B5: 2.05mg (20.48%), Manganese: 0.39mg (19.5%), Copper: 0.28mg (13.94%), Vitamin E: 1.95mg (13.03%), Fiber: 2.32g (9.27%), Vitamin D: 1.03µg (6.84%)