



Turkey and Veggie Meatloaf Minis

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



9

CALORIES



116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups bagged broccoli cole slaw dry roughly chopped
- 2 teaspoons garlic powder
- 1.3 pounds pd of ground turkey raw lean
- 0.3 cup plus 3 tablespoons ketchup
- 0.5 cup liquid egg substitute fat-free
- 1 small onion
- 0.5 cup quick-cooking oats
- 1 teaspoon salt

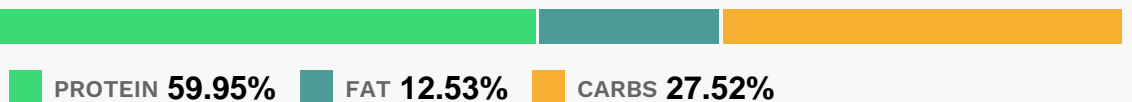
Equipment

- bowl
- oven
- muffin liners
- muffin tray
- box grater

Directions

- Preheat oven to 350 degrees F.
- Using a box grater, grate the onion into a large bowl.
- Add turkey, broccoli cole slaw, oats, garlic powder, salt, egg substitute, and 1/4 cup ketchup. Stir until thoroughly mixed.
- Line 9 cups of a 12-cup muffin pan with baking cups and/or spray with nonstick spray. Evenly distribute turkey-veggie mixture among the muffin cups, and top each with 1 teaspoon ketchup.
- Bake in the oven until firm with lightly browned edges, 30 to 35 minutes.
- Let stand for 5 minutes before serving. Enjoy!

Nutrition Facts



Properties

Glycemic Index:10.78, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:12.263043450273%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 116.27kcal (5.81%), Fat: 1.69g (2.6%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.71g (2.81%), Sugar: 2.1g (2.33%), Cholesterol: 34.65mg (11.55%), Sodium: 388.53mg (16.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.37%), Vitamin C: 36.03mg (43.67%), Vitamin B6: 0.65mg (32.65%), Vitamin B3: 6.52mg (32.61%), Selenium: 22.34µg (31.91%), Phosphorus: 204.85mg (20.48%), Manganese: 0.31mg (15.42%), Potassium: 390.89mg (11.17%), Magnesium: 44.01mg (11%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.58mg (10.53%), Vitamin B5: 1.03mg (10.27%), Folate: 37.75µg (9.44%), Iron: 1.37mg (7.61%), Vitamin B1: 0.11mg (7.41%), Vitamin B12: 0.37µg (6.11%), Vitamin A: 230.77IU (4.62%), Copper: 0.09mg (4.28%), Calcium: 35.3mg (3.53%), Vitamin D: 0.47µg (3.1%), Vitamin E: 0.39mg (2.61%), Fiber: 0.64g (2.54%)