



Turkey Cheeseburger Meatloaf

READY IN



75 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 1 eggs
- ☐ 1 slice bread french crumbled
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound extra ground turkey lean
- ☐ 0.3 cup catsup
- ☐ 0.5 small onion diced
- ☐ 1 cup cheddar cheese shredded

- ☐ 7 slices at least of turkey bacon to taste
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons worcestershire sauce to taste
- ☐ 2 tablespoons mustard yellow prepared

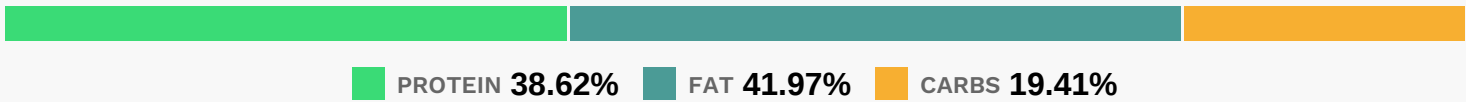
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a large skillet over medium heat and cook turkey bacon until browned and crisp, about 5 minutes per side.
- ☐ Drain bacon on paper towels; crumble when cool.
- ☐ Mix cooked bacon with ground turkey, Cheddar cheese, egg, onion, crumbled French bread, Worcestershire sauce, garlic powder, and black pepper; turn the turkey meatloaf mixture into a 9x13-inch baking dish and form into a loaf shape in the middle of the dish.
- ☐ Mix ketchup, yellow mustard, and brown sugar together in a bowl, stirring to dissolve brown sugar.
- ☐ Spread the mixture over the turkey loaf.
- ☐ Bake the turkey loaf in the preheated oven until the juices run clear, loaf is no longer pink in the middle, and an instant-read meat thermometer inserted into the thickest part of the loaf reads at least 160 degrees F (70 degrees F), 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:4.57, Inflammation Score:-4, Nutrition Score:14.404782492182%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 304.8kcal (15.24%), Fat: 14.33g (22.05%), Saturated Fat: 5.76g (36%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.23g (5.17%), Sugar: 6.53g (7.26%), Cholesterol: 103.7mg (34.57%), Sodium: 830.63mg (36.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.35%), Selenium: 33.66µg (48.09%), Vitamin B3: 8.67mg (43.37%), Vitamin B6: 0.78mg (39.06%), Phosphorus: 376.2mg (37.62%), Zinc: 2.82mg (18.82%), Vitamin B2: 0.31mg (18.3%), Calcium: 162.25mg (16.22%), Potassium: 431.11mg (12.32%), Vitamin B12: 0.71µg (11.82%), Iron: 2.02mg (11.2%), Vitamin B1: 0.16mg (10.83%), Magnesium: 42.24mg (10.56%), Vitamin B5: 0.93mg (9.31%), Folate: 31.37µg (7.84%), Copper: 0.13mg (6.49%), Manganese: 0.13mg (6.25%), Vitamin A: 307.11IU (6.14%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.63µg (4.18%), Vitamin K: 3.68µg (3.51%), Fiber: 0.69g (2.76%), Vitamin C: 1.61mg (1.95%)