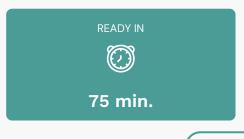


Turkey Cheeseburger Meatloaf







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

	Nutrition Facts	
	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.	
	Spread the mixture over the turkey loaf.	
	Mix ketchup, yellow mustard, and brown sugar together in a bowl, stirring to dissolve brown sugar.	
	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.	
	Drain bacon on paper towels; crumble when cool.	
	Heat vegetable oil in a large skillet over medium heat and cook turkey bacon until browned and crisp, about 5 minutes per side.	
	Preheat oven to 350 degrees F (175 degrees C).	
Directions		
	kitchen thermometer	
	baking pan	
	oven	
	paper towels	
	frying pan	
	bowl	
Equipment		
	2 tablespoons mustard yellow prepared	
	2 tablespoons worcestershire sauce to taste	
	1 teaspoon vegetable oil	
П	7 slices at least of turkey bacon to taste	

PROTEIN 38.62% FAT 41.97% CARBS 19.41%

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, 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 %: O% (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 B1: 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%)