

Turkey Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.8 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 cup breadcrumbs dry
- ☐ 4 egg whites lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions finely chopped
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2.5 pounds ground turkey breast raw
- ☐ 0.3 cup catsup
- ☐ 0.5 cup catsup
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and next 5 ingredients (onion through garlic); saut 5 minutes or until tender.
- ☐ Combine onion mixture, turkey, and next 8 ingredients (turkey through egg whites) in a large bowl; stir well (mixture will be wet).
- ☐ Shape meat mixture into a 9 x 5-inch loaf on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.
- ☐ Combine 1/2 cup ketchup and brown sugar; brush over turkey loaf.
- ☐ Bake an additional 30 minutes or until done; let stand 10 minutes before slicing.

Nutrition Facts



 **PROTEIN 50.77%**  **FAT 14.55%**  **CARBS 34.68%**

Properties

Glycemic Index:25.57, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:14.936956519666%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 195.26kcal (9.76%), Fat: 3.21g (4.94%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 15.92g (5.79%), Sugar: 8.47g (9.41%), Cholesterol: 51.97mg (17.32%), Sodium: 487.02mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.39%), Vitamin B3: 10.22mg (51.11%), Vitamin B6: 0.91mg (45.32%), Selenium: 25.52µg (36.46%), Vitamin A: 1702.22IU (34.04%), Phosphorus: 247.64mg (24.76%), Vitamin C: 11.17mg (13.54%), Vitamin B2: 0.23mg (13.38%), Vitamin K: 14.03µg (13.36%), Potassium: 449.82mg (12.85%), Zinc: 1.92mg (12.79%), Vitamin B1: 0.17mg (11.17%), Magnesium: 39.93mg (9.98%), Vitamin B5: 0.99mg (9.89%), Manganese: 0.19mg (9.4%), Vitamin B12: 0.52µg (8.71%), Iron: 1.46mg (8.12%), Folate: 30.29µg (7.57%), Copper: 0.12mg (5.77%), Fiber: 1.29g (5.18%), Calcium: 38.34mg (3.83%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.38µg (2.52%)