

Turkey Meat Loaf

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs soft
- 2 tablespoons brown sugar
- 8 ounces tomato sauce divided canned
- 2 tablespoons apple cider vinegar
- 10 ounces all natural tomato soup undiluted reduced-sodium canned
- 1 eggs lightly beaten
- 1.5 teaspoons garlic powder
- 0.3 cup bell pepper green finely chopped

- 2 tablespoons catsup
- 1.5 pounds pd of ground turkey lean
- 2 tablespoons mustard prepared
- 0.3 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.3 cup bell pepper sweet red finely chopped
- 0.3 teaspoon salt

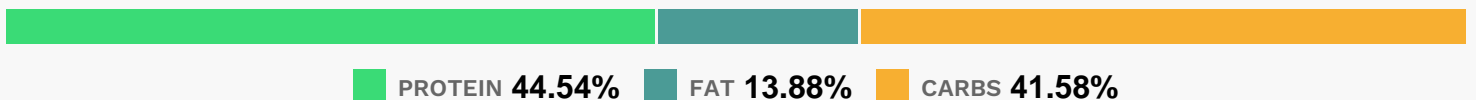
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- In a large bowl, combine the egg, 1/2 cup tomato sauce, bread crumbs, onion, peppers, garlic powder, salt and pepper. Crumble turkey over mixture and mix well.
- In an 11-in. x 7-in. baking dish coated with cooking spray, pat turkey mixture into a 9-in. x 4-in. loaf.
- Bake, uncovered, at 350° for 30 minutes; drain if necessary.
- Meanwhile, combine the soup, brown sugar, vinegar, ketchup, mustard and remaining tomato sauce.
- Pour 1/2 cup over meat loaf.
- Bake 20–30 minutes longer or until a thermometer reads 165° and juices run clear. Warm remaining sauce; serve with meat loaf.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:19.707391096198%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 281.31kcal (14.07%), Fat: 4.4g (6.77%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 27.12g (9.86%), Sugar: 12.12g (13.47%), Cholesterol: 89.65mg (29.88%), Sodium: 757.08mg (32.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.57%), Vitamin B3: 13.2mg (65.99%), Vitamin B6: 1.15mg (57.46%), Selenium: 35.5µg (50.72%), Phosphorus: 341.71mg (34.17%), Vitamin C: 22.41mg (27.16%), Potassium: 831.47mg (23.76%), Vitamin B1: 0.3mg (19.97%), Manganese: 0.36mg (17.84%), Zinc: 2.62mg (17.48%), Vitamin B2: 0.28mg (16.37%), Iron: 2.76mg (15.32%), Magnesium: 60.13mg (15.03%), Vitamin B5: 1.39mg (13.89%), Vitamin A: 663.75IU (13.28%), Vitamin B12: 0.71µg (11.78%), Copper: 0.21mg (10.33%), Folate: 41.12µg (10.28%), Fiber: 2.55g (10.22%), Vitamin E: 1.09mg (7.29%), Calcium: 62.88mg (6.29%), Vitamin K: 4.87µg (4.64%), Vitamin D: 0.6µg (4%)