



Turkey Meat Loaf with Cranberry Glaze

 Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 2 cloves garlic minced
- ☐ 1.5 pounds pd of ground turkey
- ☐ 0.3 cup catsup
- ☐ 1 small onion chopped
- ☐ 0.5 cup parsley chopped

- ☐ 0.5 teaspoon salt
- ☐ 15 saltines crushed
- ☐ 16 oz whole-berry cranberry sauce canned

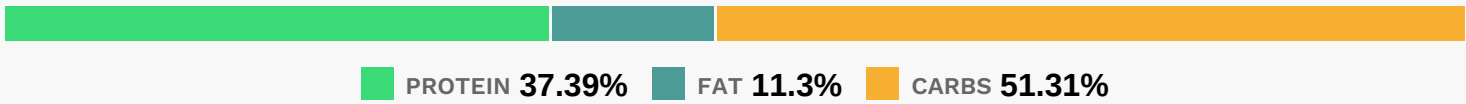
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Mist slow cooker with cooking spray.
- ☐ Mix ketchup, mustard and 1/3 cup cranberry sauce in a bowl. Cover remaining cranberry sauce; refrigerate.
- ☐ Mix remaining ingredients and cranberry mixture in a bowl. Form into a loaf; transfer to slow cooker. Cover. Cook on low until a thermometer inserted into center registers 180F, 6 to 8 hours.
- ☐ Preheat broiler.
- ☐ Transfer loaf to a foil-lined baking sheet.
- ☐ Brush with reserved cranberry sauce. Broil until sauce bubbles, 30 seconds to 1 minute.
- ☐ Let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:11.440000140149%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 187.09kcal (9.35%), Fat: 2.4g (3.7%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 23.55g (8.56%), Sugar: 16.15g (17.95%), Cholesterol: 56.02mg (18.67%), Sodium: 292.2mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin K: 52.11µg (49.63%), Vitamin B3: 7.1mg (35.5%), Vitamin B6: 0.63mg (31.61%), Selenium: 18.4µg (26.29%), Phosphorus: 180.34mg (18.03%), Zinc: 1.39mg (9.27%), Vitamin B2: 0.14mg (8.43%), Potassium: 278.19mg (7.95%), Iron: 1.39mg (7.72%), Vitamin B5: 0.73mg (7.33%), Vitamin A: 350.83IU (7.02%), Magnesium: 26.96mg (6.74%), Vitamin B12: 0.4µg (6.59%), Vitamin C: 5.43mg (6.58%), Vitamin B1: 0.1mg (6.41%), Manganese: 0.12mg (5.85%), Folate: 21.07µg (5.27%), Vitamin E: 0.7mg (4.67%), Fiber: 1.02g (4.08%), Copper: 0.08mg (3.9%), Vitamin D: 0.37µg (2.48%), Calcium: 17.7mg (1.77%)