



Turkey Meat Loaf with Mashed Potatoes

READY IN



25 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large egg white
- ☐ 1 cup flat-leaf parsley chopped
- ☐ 0.3 cup catsup
- ☐ 6 servings kosher salt and pepper
- ☐ 1.5 pounds pd of ground turkey lean
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 2 pounds potatoes red quartered
- ☐ 4 cups pkt spinach fresh thick chopped
- ☐ 0.5 cup bread crumbs whole-wheat

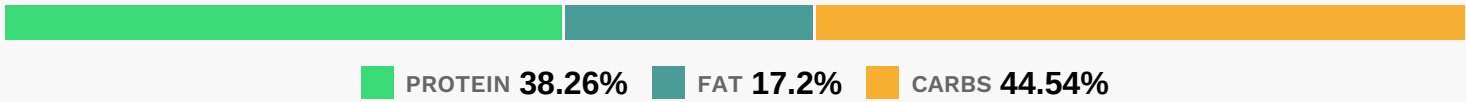
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oven to 400 F. In a bowl, combine the turkey, onion, spinach, parsley, bread crumbs, mustard, egg white, and 1/2 teaspoon each salt and pepper.
- ☐ Transfer the mixture to a baking sheet and form it into a 10-inch loaf.
- ☐ Spread with the ketchup.
- ☐ Bake until cooked through, 45 to 50 minutes. Meanwhile, place the potatoes in a large pot of cold water. Simmer until tender, 15 to 18 minutes.
- ☐ Drain the potatoes and mash in the pot with the buttermilk, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Serve the meat loaf with the marinara sauce (if using) and potatoes.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:30.286086953205%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 337.26kcal (16.86%), Fat: 6.74g (10.37%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 34.51g (12.55%), Sugar: 7.39g (8.21%), Cholesterol: 66.77mg (22.26%), Sodium: 545.85mg (23.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.51%), Vitamin K: 266.96µg (254.25%), Vitamin B6: 1.33mg (66.64%), Vitamin B3: 13.26mg (66.28%), Vitamin A: 2877.95IU (57.56%), Selenium: 30.47µg (43.53%), Vitamin C: 35.51mg (43.04%), Phosphorus: 413.39mg (41.34%), Potassium: 1314.87mg (37.57%), Folate: 97.24µg (24.31%), Magnesium: 97.09mg (24.27%), Manganese: 0.47mg (23.62%), Iron: 3.95mg (21.96%), Zinc: 2.94mg (19.61%), Vitamin B2: 0.33mg (19.49%), Fiber: 4.8g (19.18%), Vitamin B1: 0.25mg (17%), Copper: 0.34mg (17%), Vitamin B5: 1.68mg (16.77%), Vitamin B12: 0.77µg (12.79%), Calcium: 107.52mg (10.75%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.97µg (6.49%)