



Turkey Meatloaf

 Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.8 cup chicken stock see
- 1.5 cups bread crumbs plain dry
- 3 extra large eggs beaten
- 0.5 teaspoon thyme leaves dried fresh
- 5 pounds ground turkey breast
- 0.8 cup catsup
- 2 teaspoons kosher salt

- 2 tablespoons olive oil good
- 1.5 teaspoons tomato paste
- 0.3 cup worcestershire sauce
- 3 cups onions yellow chopped (2 large onions)

Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 325 degrees F.
- In a medium saute pan, over medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until translucent, but not browned, approximately 15 minutes.
- Add the Worcestershire sauce, chicken stock, and tomato paste and mix well. Allow to cool to room temperature.
- Combine the ground turkey, bread crumbs, eggs, and onion mixture in a large bowl.
- Mix well and shape into a rectangular loaf on an ungreased sheet pan.
- Spread the ketchup evenly on top.
- Bake for 1 1/2 hours until the internal temperature is 160 degrees F. and the meatloaf is cooked through. (A pan of hot water in the oven under the meatloaf will keep the top from cracking.)
- Serve hot, at room temperature, or cold in a sandwich.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:27.31260859448%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 419.04kcal (20.95%), Fat: 9.97g (15.34%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 22.21g (8.08%), Sugar: 8.25g (9.16%), Cholesterol: 187.77mg (62.59%), Sodium: 1040.5mg (45.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.97g (117.94%), Vitamin B3: 23.8mg (118.99%), Vitamin B6: 2.09mg (104.58%), Selenium: 60.23µg (86.04%), Phosphorus: 604.95mg (60.5%), Zinc: 4.61mg (30.73%), Potassium: 949.4mg (27.13%), Vitamin B2: 0.45mg (26.62%), Vitamin B5: 2.41mg (24.15%), Vitamin B1: 0.34mg (22.77%), Vitamin B12: 1.36µg (22.71%), Magnesium: 84.7mg (21.17%), Iron: 3.59mg (19.96%), Folate: 55.93µg (13.98%), Manganese: 0.28mg (13.9%), Copper: 0.25mg (12.69%), Vitamin D: 1.24µg (8.29%), Calcium: 71.88mg (7.19%), Vitamin E: 1.08mg (7.18%), Vitamin C: 5.87mg (7.12%), Fiber: 1.7g (6.8%), Vitamin A: 268.07IU (5.36%), Vitamin K: 4.09µg (3.9%)