

Turkey Meatloaf

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon sage fresh minced
- 1.5 teaspoons thyme sprigs fresh minced
- 2 medium garlic clove minced
- 2 pounds pd of ground turkey
- 0.3 cup catsup
- 0.5 cup parmesan grated
- 0.3 cup parsley fresh italian finely chopped

- 1 cup oats
- 2 tablespoons soya sauce
- 0.3 cup worcestershire sauce
- 0.3 cup onion yellow finely chopped

Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Coat a 9-by-5-inch loaf pan with butter or cooking spray; set aside.
- Place all the remaining ingredients in a large bowl and mix, using clean hands, until combined (don't squeeze or overwork).
- Transfer the mixture to the pan, spread to the edges, and smooth out the top.
- Bake until cooked through, about 50 to 60 minutes.
- Let sit 10 minutes before serving.

Nutrition Facts

 **PROTEIN 57.24%**  **FAT 18.96%**  **CARBS 23.8%**

Properties

Glycemic Index:45.5, Glycemic Load:5.62, Inflammation Score:-8, Nutrition Score:25.269565178%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 285.39kcal (14.27%), Fat: 6.11g (9.4%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.53g (5.65%), Sugar: 4.76g (5.28%), Cholesterol: 88.83mg (29.61%), Sodium: 818.09mg (35.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.53g (83.06%), Vitamin B3: 15.38mg (76.9%), Vitamin B6: 1.38mg (68.87%), Copper: 1.21mg (60.42%), Selenium: 40.28µg (57.54%), Phosphorus: 487.56mg (48.76%), Vitamin K: 42.41µg (40.39%), Manganese: 0.73mg (36.51%), Magnesium: 93.66mg (23.42%), Zinc: 3.46mg (23.09%), Potassium: 681.45mg (19.47%), Iron: 2.99mg (16.6%), Vitamin B5: 1.52mg (15.24%), Vitamin B2: 0.26mg (15.17%), Vitamin B12: 0.87µg (14.52%), Calcium: 137.27mg (13.73%), Vitamin B1: 0.19mg (12.84%), Vitamin C: 7.13mg (8.64%), Vitamin A: 415.87IU (8.32%), Fiber: 1.75g (7%), Folate: 25.97µg (6.49%), Vitamin D: 0.65µg (4.31%), Vitamin E: 0.45mg (2.97%)