



## Turkey Meatloaf and Gravy

READY IN



100 min.

SERVINGS



6

CALORIES



433 kcal

SAUCE

### Ingredients

- 1 bay leaves
- 1 cup beef stock
- 0.8 cup bread crumbs fresh
- 2 tablespoons butter divided
- 0.5 cup carrots minced
- 0.5 teaspoon cayenne pepper
- 0.5 cup celery minced
- 0.5 pound mild chicken sausage
- 1 cup chicken stock see

- 3 eggs
- 1 sprig thyme leaves fresh
- 2 tablespoons garlic minced
- 0.3 cup bell pepper green minced
- 0.8 cup green onions minced
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground nutmeg
- 1 teaspoon ground pepper black
- 1.5 pounds pd of ground turkey
- 0.5 cup half-and-half cream
- 0.5 cup catsup
- 0.3 cup bell pepper red minced
- 2 roma tomatoes peeled seeded chopped
- 1 teaspoon salt
- 6 servings salt and pepper black freshly ground to taste
- 4 shallots minced
- 0.7 cup onion white minced
- 0.5 cup bell pepper yellow minced

## Equipment

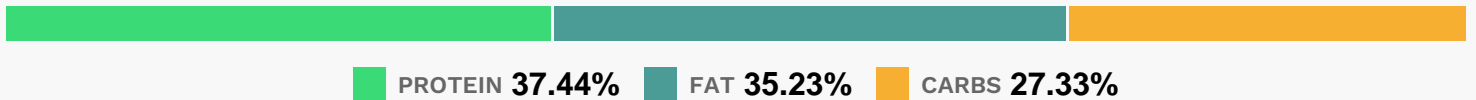
- bowl
- frying pan
- oven
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- Melt butter in a large heavy skillet over medium heat.

- Saute white onions, green onions, carrots, celery, green and red bell peppers, and garlic until soft, about 10 minutes.
- Remove from heat.
- In a large bowl, combine salt, black pepper, cayenne pepper, nutmeg and cumin. Stir in eggs, ketchup and half-and-half. Blend in vegetable mixture from skillet.
- Add ground turkey, chicken sausage and bread crumbs.
- Mix well with hands, then shape into a loaf.
- Place into greased 9x5 inch loaf pan.
- Bake in preheated oven for 50 to 70 minutes, or until cooked through and nicely browned.
- Let rest for 10 minutes, then serve with gravy.
- To make the gravy: Melt 1 tablespoon butter in a heavy skillet over medium heat.
- Saute shallots with red and yellow peppers until tender, about 10 minutes. Season with thyme, bay leaf and black pepper. Stir in half-and-half, garlic, beef stock and chicken stock. Increase heat to high, and boil uncovered until liquid is reduced by 1/4, about 10 minutes. Stir in tomatoes and ketchup. Simmer uncovered for 20 minutes. Stir in remaining tablespoon butter, and season to taste with salt and pepper. Strain gravy, discarding bay leaf and thyme before serving.

## Nutrition Facts



### Properties

Glycemic Index:90.64, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:27.638696048571%

### Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

### Nutrients (% of daily need)

Calories: 432.97kcal (21.65%), Fat: 17.34g (26.68%), Saturated Fat: 6.58g (41.09%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 27.11g (9.86%), Sugar: 11.34g (12.6%), Cholesterol: 189.19mg (63.06%), Sodium:

1343.71mg (58.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.46g (82.93%), Vitamin B3: 13.84mg (69.19%), Vitamin B6: 1.33mg (66.54%), Vitamin A: 3015.34IU (60.31%), Vitamin C: 47.31mg (57.34%), Selenium: 38.29µg (54.7%), Phosphorus: 414.89mg (41.49%), Vitamin K: 35.51µg (33.82%), Vitamin B2: 0.47mg (27.54%), Potassium: 887.25mg (25.35%), Manganese: 0.44mg (22.2%), Vitamin B1: 0.31mg (20.35%), Zinc: 3.03mg (20.23%), Iron: 3.39mg (18.84%), Folate: 71.69µg (17.92%), Magnesium: 68.43mg (17.11%), Vitamin B5: 1.7mg (17%), Vitamin B12: 0.87µg (14.46%), Copper: 0.27mg (13.28%), Fiber: 3.15g (12.59%), Calcium: 111.06mg (11.11%), Vitamin E: 1.25mg (8.36%), Vitamin D: 0.89µg (5.96%)