



Turkey Meatloaf for Two

READY IN



50 min.

SERVINGS



2

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp bull's-eye original barbecue sauce
- 2 slices carrots 1-inch-thick
- 1 egg white
- 0.5 lb 3%-fat-free ground turkey
- 2 tsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 10 oz potatoes red cut into 1-inch chunks (2)
- 6 multigrain saltine crackers crushed
- 1 small onion sweet

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375F.
- Chop enough onion finely to measure 1/4 cup; reserve for later use.
- Cut remaining onion into wedges; place in large bowl.
- Add potatoes, carrots and oil; mix lightly.
- Spread onto bottom of 15x10x1-inch pan sprayed with cooking spray.
- Bake 15 min.
- Mix turkey, cracker crumbs, egg white and reserved chopped onions just until blended.
- Remove vegetables from oven; stir, then push to edges of pan. Shape turkey mixture into 6x3-inch oval loaf; place in center of pan.
- Brush with barbecue sauce.
- Bake 15 to 20 min. or until meatloaf is done (165F) and vegetables are tender.
- Sprinkle cheese over vegetables.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:32.279565168464%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 25.21mg, Quercetin: 25.21mg, Quercetin: 25.21mg, Quercetin: 25.21mg

Quercetin: 25.21mg

Nutrients (% of daily need)

Calories: 464.7kcal (23.23%), Fat: 9.65g (14.84%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 53.33g (19.39%), Sugar: 21.79g (24.21%), Cholesterol: 66.72mg (22.24%), Sodium: 553.05mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.94%), Vitamin A: 20502.67IU (410.05%), Vitamin B6: 1.62mg (81.08%), Vitamin B3: 14.76mg (73.79%), Phosphorus: 477.79mg (47.78%), Potassium: 1653.64mg (47.25%), Selenium: 32.62µg (46.6%), Vitamin C: 27.43mg (33.25%), Fiber: 7.72g (30.88%), Manganese: 0.61mg (30.48%), Folate: 109.13µg (27.28%), Vitamin B1: 0.4mg (26.84%), Magnesium: 101.28mg (25.32%), Vitamin K: 26.1µg (24.85%), Vitamin B2: 0.4mg (23.72%), Zinc: 3.28mg (21.89%), Copper: 0.43mg (21.67%), Vitamin B5: 2mg (20.04%), Iron: 3.37mg (18.74%), Calcium: 143.55mg (14.36%), Vitamin E: 1.84mg (12.3%), Vitamin B12: 0.67µg (11.12%), Vitamin D: 0.48µg (3.19%)