



Turkey Meatloaf with Feta and Sun-Dried Tomatoes

READY IN



65 min.

SERVINGS



6

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.5 cup bread crumbs plain
- 2 eggs lightly beaten at room temperature
- 0.5 cup feta cheese crumbled
- 0.3 cup flat-leaf parsley fresh chopped
- 2 cloves garlic minced
- 1 pound pd of ground turkey dark
- 1.5 teaspoons kosher salt

- 0.3 cup garlic and herb-marinated sun-dried tomatoes chopped
- 2 tablespoons milk whole

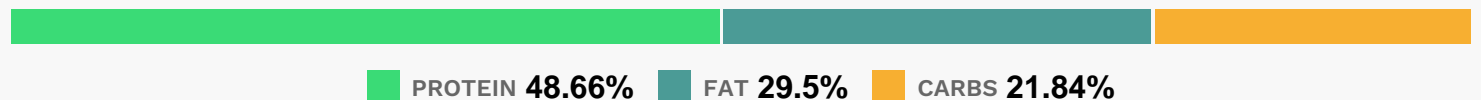
Equipment

- bowl
- frying pan
- oven
- loaf pan
- kitchen thermometer
- cutting board

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
- Spray a 9 by 5-inch loaf pan with cooking spray.
- In a large bowl, stir together the bread crumbs, parsley, sun-dried tomatoes, garlic, if using, eggs, milk, feta, salt, and pepper.
- Add the turkey and gently stir to combine, being careful not to overwork the meat.
- Carefully pack the meat mixture into the prepared pan and bake until the internal temperature registers 165 degrees F on an instant-read thermometer, about 45 minutes.
- Remove from the oven and let rest for 5 minutes.
- Transfer to a cutting board and slice. Put on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:16.374782562256%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 192.67kcal (9.63%), Fat: 6.37g (9.8%), Saturated Fat: 2.72g (17%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.43g (3.43%), Sugar: 2.62g (2.91%), Cholesterol: 107.86mg (35.95%), Sodium: 858.04mg (37.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Vitamin K: 58.08µg (55.31%), Vitamin B3: 8.55mg (42.73%), Vitamin B6: 0.77mg (38.57%), Selenium: 25.86µg (36.95%), Phosphorus: 282.98mg (28.3%), Vitamin B2: 0.32mg (18.97%), Zinc: 2.17mg (14.5%), Potassium: 460.38mg (13.15%), Vitamin B12: 0.79µg (13.1%), Vitamin B1: 0.19mg (12.75%), Manganese: 0.25mg (12.29%), Vitamin B5: 1.2mg (11.99%), Iron: 2.03mg (11.29%), Calcium: 108.01mg (10.8%), Magnesium: 41.92mg (10.48%), Vitamin A: 481.72IU (9.63%), Folate: 34.84µg (8.71%), Copper: 0.16mg (7.97%), Vitamin C: 6.54mg (7.93%), Fiber: 1.18g (4.74%), Vitamin D: 0.7µg (4.67%), Vitamin E: 0.27mg (1.79%)