



Turkey Meatloaf with Fig Catsup

READY IN



165 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider vinegar
- 0.3 cup breadcrumbs plain
- 2 carrots peeled chopped
- 1 celery stalk chopped
- 0.5 cup cheese such as parmesan-gouda blend hard grated
- 1 teaspoon chili paste depending on your taste pref thai-style
- 0.3 teaspoon cinnamon
- 1 teaspoon coriander
- 1 teaspoon cumin

- 1 large eggs
- 1 bay leaf fresh
- 1 pound figs fresh quartered
- 1 teaspoon rosemary fresh chopped
- 2 teaspoons sage fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 4 cloves garlic minced
- 2 pounds pd of ground turkey lean (1 pound breast meat and 1 pound thigh meat)
- 1 medium onion chopped
- 8 ounces roma tomatoes quartered
- 8 servings salt
- 8 servings salt and pepper black freshly ground
- 0.3 cup sorghum syrup
- 0.3 cup sugar
- 2 tablespoons tomato paste
- 1 tablespoon vegetable oil
- 2 teaspoons worcestershire sauce

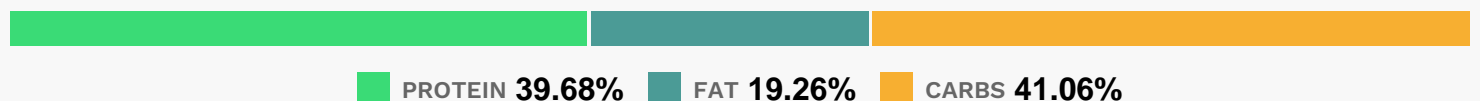
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- pot
- loaf pan

Directions

- Preheat the oven to 350 degrees F.
- Heat the vegetable oil in a large pan over medium-high heat.
- Add the carrots, celery, onions and some salt and pepper and saute until just starting to soften, about 3 minutes.
- Add the garlic, stir to combine and saute until fragrant and softened, about 1 minute.
- Add the tomato paste and Worcestershire sauce and cook for 1 minute.
- Remove from the heat and set aside.
- In a large bowl, combine the turkey, cheese, breadcrumbs, thyme, sage, rosemary, egg, salt, 2 teaspoons black pepper and the cooked veggie mixture and mix with your hands.
- Spray a standard 9-inch loaf pan with nonstick spray and fill with the mixture.
- Bake for 35 minutes.
- Remove the pan and spread 1 cup of the Fig Catsup over the top of the meatloaf.
- Bake until slightly firm and the turkey is cooked through, 15 to 20 more minutes.
- Serve with Fig Catsup on the side.
- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- Place the figs and tomatoes skin-side down on the prepared baking sheet. Roast until they start to brown and soften, about 40 minutes. Cool, and then remove the tomato skins.
- In a food processor, combine the figs, tomatoes, vinegar, sugar, sorghum, chili paste, coriander, cumin and cinnamon and pulse until combined.
- Put this mixture in a saucepan with the bay leaf and cook over medium-high heat until the mixture begins to boil. Reduce the heat and simmer, stirring often, until it thickens and reduces by a third, about 30 minutes--it will be thick enough so that when you stir it, you'll be able to see the bottom of the pot.
- Remove the bay leaf and discard. Season with salt.

Nutrition Facts



Properties

Glycemic Index:66.99, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:24.319565233977%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 321.16kcal (16.06%), Fat: 6.99g (10.76%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 29.87g (10.86%), Sugar: 20.8g (23.12%), Cholesterol: 89.87mg (29.96%), Sodium: 461mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Copper: 1.7mg (85.15%), Vitamin A: 3088.79IU (61.78%), Vitamin B3: 12.25mg (61.26%), Vitamin B6: 1.15mg (57.56%), Selenium: 30.26µg (43.23%), Phosphorus: 373.81mg (37.38%), Potassium: 744.27mg (21.26%), Manganese: 0.41mg (20.32%), Zinc: 2.61mg (17.38%), Magnesium: 61.56mg (15.39%), Vitamin B2: 0.26mg (15.25%), Fiber: 3.68g (14.72%), Iron: 2.57mg (14.27%), Vitamin B5: 1.42mg (14.22%), Calcium: 140.44mg (14.04%), Vitamin B1: 0.2mg (13.64%), Vitamin C: 10.02mg (12.15%), Vitamin B12: 0.72µg (12.08%), Vitamin K: 11.41µg (10.86%), Folate: 31.8µg (7.95%), Vitamin E: 0.81mg (5.39%), Vitamin D: 0.61µg (4.07%)