



Turkey Meatloaf with Mushrooms and Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces mushrooms sliced
- ☐ 2 teaspoons kosher salt
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound pd of ground turkey 15% (fat)
- ☐ 1 pound pd of ground turkey
- ☐ 2 cups seasoning cubes crustless

- ☐ 1 cup chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.3 cup shallots minced

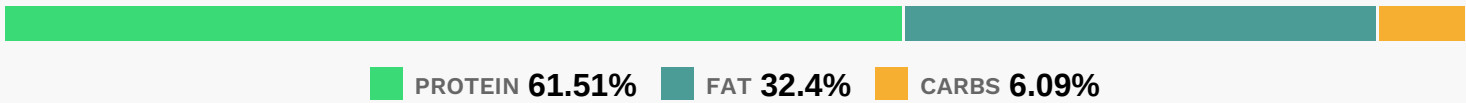
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush 8 1/2 x 4 1/2 x 2 1/3-inch loaf pan with olive oil.
- ☐ Toss bread with broth in large bowl.
- ☐ Let stand until bread absorbs broth and softens, about 10 minutes.
- ☐ Mix in mushrooms, eggs, shallots, parsley, thyme, coarse salt, pepper, and 2 tablespoons oil.
- ☐ Add turkey; mix just until blended.
- ☐ Transfer to pan, mounding in center.
- ☐ Bake until thermometer inserted into center registers 170°F, about 1 hour 25 minutes.
- ☐ Let rest 15 minutes before serving.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:29.856956253881%

Flavonoids

Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 448.39kcal (22.42%), Fat: 16.45g (25.31%), Saturated Fat: 3g (18.77%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.49g (3.88%), Cholesterol: 248.27mg (82.76%), Sodium: 2080.72mg (90.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.26g (140.53%), Vitamin B3: 24.98mg (124.91%), Vitamin B6: 2.11mg (105.53%), Selenium: 63.26µg (90.38%), Phosphorus: 643.07mg (64.31%), Vitamin B2: 0.61mg (35.98%), Vitamin K: 37.62µg (35.83%), Vitamin B5: 3.29mg (32.89%), Zinc: 4.79mg (31.91%), Potassium: 1009.35mg (28.84%), Vitamin B12: 1.46µg (24.35%), Magnesium: 81.83mg (20.46%), Iron: 3.64mg (20.21%), Copper: 0.39mg (19.49%), Vitamin B1: 0.21mg (13.88%), Folate: 48.43µg (12.11%), Vitamin D: 1.52µg (10.14%), Vitamin E: 1.46mg (9.72%), Vitamin C: 7.84mg (9.5%), Vitamin A: 445.28IU (8.91%), Manganese: 0.16mg (7.93%), Fiber: 1.41g (5.66%), Calcium: 42.08mg (4.21%)