



Twice Cooked Turkey Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups bread crumbs sweet good homemade soft
- 2 eggs lightly beaten
- 1 tablespoon sage leaves fresh chopped
- 2 pounds pd of ground turkey
- 1.5 cups herb and oil marinated sun-dried tomatoes dried pureed with garlic, herbs and tomatoes for griddle, preferably
- 1 pinch salt and pepper black freshly ground

Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Mix all of the ingredients thoroughly in a large bowl, reserving 1/2 cup of sun-dried tomato puree. Form the mixture into a loaf and transfer it to a baking dish. Cover and bake until the internal temperature registers 165 degrees F on an instant-read thermometer, about 1 hour.
- Remove the baking dish from the oven.
- Spread the reserved puree on top, then return it to the oven, and bake uncovered for 10 to 15 minutes.
- When ready to serve, heat up a little oil from the sun-dried tomatoes in a nonstick skillet or griddle.
- Cut the meatloaf into about 1-inch slices and add to the skillet. Crisp on both sides for an extra layer of texture.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:28.701739119447%

Nutrients (% of daily need)

Calories: 357.04kcal (17.85%), Fat: 9.7g (14.92%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 23.25g (8.45%), Sugar: 1.73g (1.92%), Cholesterol: 137.72mg (45.91%), Sodium: 368.78mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.53g (85.05%), Copper: 3.33mg (166.43%), Vitamin B3: 17.48mg (87.39%), Vitamin B6: 1.44mg (72.06%), Selenium: 45.55µg (65.07%), Phosphorus: 455.43mg (45.54%), Vitamin C: 28mg (33.93%), Vitamin B1: 0.42mg (27.78%), Potassium: 954.05mg (27.26%), Vitamin B2: 0.44mg

(25.95%), Manganese: 0.49mg (24.55%), Zinc: 3.48mg (23.17%), Magnesium: 81.22mg (20.31%), Iron: 3.58mg (19.86%), Vitamin B5: 1.84mg (18.36%), Vitamin B12: 1µg (16.6%), Folate: 54.21µg (13.55%), Fiber: 2.89g (11.54%), Vitamin A: 470.74IU (9.41%), Calcium: 81.71mg (8.17%), Vitamin D: 0.9µg (5.99%), Vitamin E: 0.28mg (1.88%), Vitamin K: 1.85µg (1.77%)