



Vegetable Meatloaf with Balsamic Glaze

READY IN



125 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 1 tablespoon thyme leaves fresh finely chopped
- 5 cloves garlic with coarse salt smashed
- 0.8 cup catsup
- 8 servings kosher salt and pepper freshly ground
- 1.5 pounds pd of ground turkey lean (90 percent)
- 2 tablespoons olive oil extra-virgin

- 1 cup panko bread crumbs (coarse Japanese breadcrumbs)
- 0.5 cup parmesan cheese freshly grated
- 1 bell pepper diced red finely
- 0.5 teaspoon pepper flakes red
- 1 bell pepper diced yellow finely
- 1 small zucchini diced finely

Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan

Directions

- Preheat the oven to 425 degrees.
- Heat the oil in a large saute pan over high heat.
- Add the zucchini, bell peppers, garlic paste and 1/4 teaspoon red pepper flakes. Season with salt and pepper and cook until the vegetables are almost soft, about 5 minutes. Set aside to cool.
- Whisk the egg and fresh herbs in a large bowl.
- Add the turkey, panko, grated cheese, 1/2 cup ketchup, 2 tablespoons balsamic vinegar and the cooled vegetables; mix until just combined.
- Gently press the mixture into a 9-by-5-inch loaf pan.
- Whisk the remaining 1/4 cup ketchup, 1/4 cup balsamic vinegar and 1/4 teaspoon red pepper flakes in a small bowl; brush the mixture over the entire loaf.
- Bake for 1 to 1 1/4 hours.
- Let rest for 10 minutes before slicing.
- Photograph by Con Poulos

Nutrition Facts

PROTEIN 42.48% FAT 30.5% CARBS 27.02%

Properties

Glycemic Index:25.13, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:18.279565085535%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 231.3kcal (11.56%), Fat: 7.96g (12.24%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 14.63g (5.32%), Sugar: 7.54g (8.38%), Cholesterol: 74.28mg (24.76%), Sodium: 854.53mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin C: 53.79mg (65.2%), Vitamin B3: 9.5mg (47.48%), Vitamin B6: 0.89mg (44.47%), Selenium: 24.29µg (34.69%), Vitamin K: 35.65µg (33.95%), Phosphorus: 283.98mg (28.4%), Vitamin A: 980.82IU (19.62%), Vitamin B2: 0.24mg (14.33%), Zinc: 2.05mg (13.7%), Potassium: 471.82mg (13.48%), Calcium: 111.19mg (11.12%), Magnesium: 44.03mg (11.01%), Vitamin B5: 1.04mg (10.39%), Vitamin B1: 0.15mg (10.26%), Iron: 1.81mg (10.08%), Vitamin B12: 0.59µg (9.84%), Manganese: 0.19mg (9.56%), Folate: 37.76µg (9.44%), Vitamin E: 1.29mg (8.61%), Copper: 0.13mg (6.58%), Fiber: 1.23g (4.91%), Vitamin D: 0.5µg (3.31%)