



Veggie Turkey Meatloaf with Tangy Balsamic Glaze

READY IN



90 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup artichoke hearts drained finely chopped
- ☐ 2 tablespoons balsamic vinegar to taste
- ☐ 3 carrots shredded
- ☐ 8 ounce cremini mushrooms chopped
- ☐ 1 pinch creole seasoning to taste such as Tony Chachere's®
- ☐ 1 cup bread crumbs dry as needed
- ☐ 1 eggs beaten
- ☐ 4 ounce feta cheese crumbled

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons honey
- ☐ 1 pinch penzey's southwest seasoning italian to taste
- ☐ 6 servings kosher salt and ground pepper black to taste
- ☐ 1 pound extra-lean ground turkey breast
- ☐ 0.3 cup milk 2%
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup tomato sauce italian herb-flavored
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 1 onion yellow halved thinly sliced

Equipment

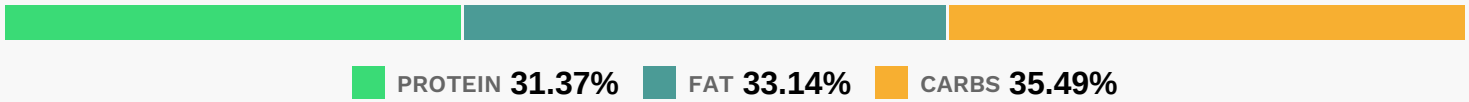
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Heat 1 tablespoon olive oil in a skillet over medium heat. Cook and stir onion in hot oil until onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is crisp and dark brown, 15 to 20 minutes more.
- ☐ Remove from heat and set aside to cool; chop into small pieces and place into a large bowl.
- ☐ Heat remaining 2 tablespoons olive oil in the same skillet over medium-high heat.
- ☐ Add carrots and mushrooms, season with kosher salt and ground black pepper to taste, and cook and stir until carrots start to soften, about 7 minutes. Stir in garlic and cook for another 3 minutes; remove from heat, add artichoke hearts, and set aside and let cool.

- ☐ Transfer vegetables to the bowl with onion.
- ☐ Mix in feta cheese, bread crumbs, egg, milk, Worcestershire sauce, turkey, parsley, and thyme; season with Italian seasoning and Creole seasoning. Adjust salt and pepper if desired. Thoroughly mix turkey mixture with hands and form into a meatloaf; place loaf on a baking sheet.
- ☐ Bake meatloaf in preheated oven until no longer pink inside and the juices run clear, 40 to 45 minutes.
- ☐ Combine tomato sauce, balsamic vinegar, and honey to make the glaze; remove meatloaf from the oven, coat with glaze, and bake until glaze has cooked onto the loaf, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:69.52, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:25.435652214548%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 328.45kcal (16.42%), Fat: 12.25g (18.85%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 26.54g (9.65%), Sugar: 11.67g (12.97%), Cholesterol: 86.47mg (28.82%), Sodium: 529.26mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin A: 5565.98IU (111.32%), Vitamin B3: 10.63mg (53.15%), Selenium: 36.74µg (52.49%), Vitamin B6: 0.9mg (45.04%), Vitamin K: 42.38µg (40.37%), Phosphorus: 358.68mg (35.87%), Vitamin B2: 0.59mg (34.51%), Vitamin B1: 0.33mg (22.03%), Zinc: 2.89mg (19.29%), Manganese: 0.38mg (18.88%), Potassium: 657.04mg (18.77%), Vitamin B5: 1.8mg (18.01%), Calcium: 179.93mg (17.99%), Copper: 0.34mg (16.91%), Vitamin B12: 0.92µg (15.39%), Folate: 59.45µg (14.86%), Iron: 2.55mg (14.16%), Magnesium: 49.55mg (12.39%), Fiber: 2.97g (11.86%), Vitamin C: 9.62mg (11.66%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.56µg (3.75%)