

Turkey Meatloaf



Ingredients

- 1 pound ground turkey
- ½ cup breadcrumbs
- ¼ cup finely diced onion
- ¼ cup milk
- 1 large egg
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon minced garlic
- 1 teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- ½ cup ketchup
- ¼ cup brown sugar
- 2 Tablespoons Worcestershire sauce

Directions

1. Preheat oven to 375
2. Combine ketchup, brown sugar and Worcestershire sauce in a small bowl, set aside.
3. In a large bowl whisk together milk, sauce, egg, Worcestershire sauce, garlic, salt and pepper.
4. Add meat, onions and breadcrumbs and stir until combined.
5. Line a wire rack with aluminum foil and poke holes in it.
6. Place the turkey meatloaf mixture onto the foil and form into a large loaf (about 8" by 5" by 2")
7. Bake for 40 minutes.
8. Remove from oven, spread glaze on top and bake for 10 more minutes or until meatloaf reaches an internal temperature of 160 degrees F.
9. If necessary, broil for the 2-4 minutes to caramelize the top.
10. Remove from oven and let cool for at least 5 minutes before serving.

Nutrition

Serving: 1 slice | Calories: 157kcal | Carbohydrates: 19g | Protein: 16g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 52mg | Sodium: 602mg | Potassium: 338mg | Fiber: 1g | Sugar: 12g | Vitamin A: 141IU | Vitamin C: 3mg | Calcium: 48mg | Iron: 1mg