

# Brown Sugar Glazed Turkey Meatloaf

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-tenderloin-recipes>

## Ingredients:

- 1 3/4 pounds ground turkey
- 1 red onion or small sweet, peeled
- 1 carrot medium to large, peeled, trimmed
- 3 cloves garlic fresh peeled
- 1/2 cup tomato ketchup good tasting
- 1 tablespoon molasses
- 1 free range egg organic, or omit for egg-free and use 1 more tablespoon molasses
- 3/4 cup gluten free cornbread crumbs
- 1 pinch nutmeg
- 1 pinch cinnamon
- 1 teaspoon thyme
- sea salt and pepper, to taste
- 1/3 cup brown sugar
- 1/3 cup ketchup
- 2 teaspoons balsamic vinegar to taste
- 1 teaspoon honey mustard
- 1 pinch nutmeg and cinnamon
- meatloaf Leftover, crumbled
- 5/8 cup corn kernels
- 5/8 cup peas baby
- 2 carrots peeled, chopped
- 14 ounces tomatoes with juice diced
- 2 teaspoons balsamic vinegar
- 1 pinch dried thyme
- nutmeg
- 2 cups potatoes cooked, or non-mayo potato salad
- ground pepper
- sea salt
- dill or parsley for the top

## **Nutrition:**

1. Calories: 580 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 170 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 56 grams
7. SaturatedFat: 4 grams
8. Sodium: 1310 milligrams
9. Sugar: 29 grams

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