

Italian Turkey Meatloaf

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-s-italian-turkey-meatloaf-recipe>

Ingredients:

- 1 1/2 pounds ground turkey
- 1 tablespoon onion Dehydrated
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup bread crumbs seasoned
- 3/4 cup marinara sauce
- 1/2 cup Parmesan cheese grated
- 1/4 cup parsley fresh, chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 195 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 6 grams
8. Sodium: 960 milligrams
9. Sugar: 5 grams

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