

Unbelievably Moist Turkey Meatloaf

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-and-swiss-meatloaf-recipe>

Ingredients:

- 8 ounces mushrooms trimmed and very finely chopped
- 1 medium onion peeled and finely chopped
- 2 garlic cloves peeled and minced
- 1 tablespoon oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 7 tablespoons ketchup divided, try our homemade ketchup
- 1 cup panko bread crumbs see notes for gluten-free options
- 1/3 cup milk
- 2 large eggs lightly beaten
- 1 1/4 pounds ground turkey 92% lean

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 145 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 750 milligrams
9. Sugar: 7 grams

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