

Basic Turkey Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/low-sodium-ground-turkey-meatloaf-recipes>

Ingredients:

- 1 pound ground turkey
- 1/2 cup seasoned breadcrumbs
- 1/2 cup onion finely chopped
- 3 tablespoons ketchup plus more for your glaze
- 3 tablespoons Dijon mustard
- 1 egg
- pepper
- salt
- milk if the mixture seems too dry

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 145 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 540 milligrams
9. Sugar: 5 grams

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