

Quick and Easy Turkey Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-turkey-mince-recipe>

Ingredients:

- 2 pounds minced turkey
- 1 egg
- 3 tablespoons almond meal
- 1 teaspoon chili flakes
- 1 1/2 teaspoons dried parsley
- 1 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup tomato sauce organic, no sugar added
- 1 pitted date
- 1 garlic clove
- salt to taste

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 235 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 42 grams
7. SaturatedFat: 5 grams
8. Sodium: 1000 milligrams
9. Sugar: 3 grams

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