

Turkey Meatloaf

Here's a healthier version of an old dinner favorite.

Recipe details

Servings: 5

Serving size: 1 slice (3 ounces)

Ingredients

- 1 pound lean ground turkey
- ½ cup regular oats, dry
- 1 large egg
- 1 tablespoon dehydrated onion
- ¼ cup ketchup

Instructions

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F for 25 minutes or to an internal temperature of 165 °F.
3. Cut into five slices and serve.

Each serving provides

Calories: 192

Total fat: 7 grams

Saturated fat: 2 grams

Cholesterol: 103 milligrams

Sodium: 214 milligrams

Total fiber: 1 gram

Protein: 21 grams

Carbohydrates: 23 grams

Potassium: 292 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services