

# Glazed Turkey Meatloaf

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Recipes.com

## Servings: 6

### MEATLOAF

1 pound ground turkey, 93% lean  
1/2 cup onion, finely chopped  
1/4 cup quick oats  
1/4 cup seasoned bread crumbs  
1/2 teaspoon poultry seasoning  
2 tablespoons ketchup  
2 eggs  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 tra Splenda Essentials

### GLAZE

1/2 cup ketchup  
1/2 teaspoon dry mustard  
1/2 teaspoon poultry seasoning  
1 tablespoon Splenda Essentials

## Preparation Time: 10 minutes

### Bake: 50 minutes

Preheat the oven to 350 degrees.

In a medium size bowl, combine the turkey, onion, quick oats, bread crumbs, poultry seasoning, ketchup, eggs, salt, black pepper and Splenda Essentials. Mix well and pat into a 4x5-inch loaf pan.

In a small bowl, mix the glaze ingredients. Spread over the meatloaf.

Bake for 45 to 50 minutes.

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Per Serving (excluding unknown items): 75 Calories; 2g Fat (22.3% calories from fat); 3g Protein; 12g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 542mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	75	Vitamin B6 (mg):	.1mg
% Calories from Fat:	22.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	60.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 71mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 542mg  
**Potassium (mg):** 181mg  
**Calcium (mg):** 24mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 342IU  
**Vitamin A (r.e.):** 49 1/2RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

**Calories** 75 **Calories from Fat:** 17

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#### % Daily Values\*

<b>Total Fat</b> 2g			3%
Saturated Fat 1g			3%
<b>Cholesterol</b> 71mg			24%
<b>Sodium</b> 542mg			23%
<b>Total Carbohydrates</b> 12g			4%
Dietary Fiber 1g			3%
<b>Protein</b> 3g			
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<b>Vitamin A</b>			7%
<b>Vitamin C</b>			8%
<b>Calcium</b>			2%
<b>Iron</b>			4%

*\* Percent Daily Values are based on a 2000 calorie diet.*