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## Turkey Loaf ••

A delicious turkey loaf made with ground turkey and a blend of spices. It's a perfect dish for a family dinner or a special occasion.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 60 mins

**Total Time:** 80 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

800 g	Ground Turkey
100 g	breadcrumbs
100 g	onion
10 g	garlic
1 pieces	egg
1 tsp	salt

0.5 tsp black pepper

0.5 tsp paprika

0.5 tsp thyme

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, mix together the ground turkey, breadcrumbs, onion, garlic, egg, salt, black pepper, paprika, and thyme.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Transfer the mixture to a loaf pan and shape it into a loaf.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Bake in the preheated oven for 60 minutes, or until the internal temperature reaches 165°F (75°C).

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 5

Resting

Let the turkey loaf rest for 10 minutes before slicing and serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates: 10 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	50 mcg	90.91%	90.91%

# Recipe Attributes

## Events

Christmas Thanksgiving Barbecue Picnic

## Cuisines

American

## Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings

## Demographics

Pregnancy Safe Lactation Friendly Allergy Friendly Heart Healthy

## Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

## Meal Type

Lunch

## Difficulty Level

Easy

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