



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Simple Turkey Loaf ♦

A delicious turkey loaf that is easy to make and perfect for a family dinner. It is made with ground turkey, breadcrumbs, and seasonings, and baked until golden and juicy.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

|                 |               |
|-----------------|---------------|
| <b>800 g</b>    | Ground Turkey |
| <b>200 g</b>    | breadcrumbs   |
| <b>1 pieces</b> | Egg           |
| <b>100 g</b>    | onion         |
| <b>2 cloves</b> | garlic        |

|         |              |
|---------|--------------|
| 1 tsp   | salt         |
| 0.5 tsp | black pepper |
| 10 g    | Parsley      |

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Mixing

In a large bowl, combine the ground turkey, breadcrumbs, egg, finely chopped onion, minced garlic, salt, black pepper, and chopped parsley. Mix well.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 3

#### Preparation

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Oven

Bake in the preheated oven for 40 minutes or until the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 40 mins

---

## Step 5

Resting

Remove from the oven and let it rest for 5 minutes before slicing.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 6

Serving

Serve the turkey loaf hot with your favorite side dishes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 25 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 25 g  | 147.06%                | 147.06%                  |

### 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 | 3 g    | N/A                    | N/A                      |
| Saturated Fat       | 1 g    | 4.55%                  | 5.88%                    |
| Fat                 | 7 g    | 25%                    | 28%                      |
| 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   | 4 mg   | 4.44%                  | 5.33%                    |
| Vitamin B6  | 15 mg  | 1153.85%               | 1153.85%                 |
| Vitamin B12 | 10 mcg | 416.67%                | 416.67%                  |
| Vitamin E   | 6 mg   | 40%                    | 40%                      |
| Vitamin D   | 2 mcg  | 13.33%                 | 13.33%                   |

## Minerals

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium   | 400 mg | 17.39%                 | 17.39%                   |
| Calcium  | 2 mg   | 0.2%                   | 0.2%                     |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 350 mg | 10.29%                 | 13.46%                   |
| Zinc      | 15 mg  | 136.36%                | 187.5%                   |
| Selenium  | 30 mcg | 54.55%                 | 54.55%                   |

## Recipe Attributes

### Events

Christmas

Thanksgiving

### Meal Type

Breakfast

Lunch

Snack

Dinner

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

### Kitchen Tools

Blender

### Course

Appetizers

Main Dishes

Sauces & Dressings

### Cultural

Chinese New Year

Easter

### Cost

Under \$10

\$10 to \$20

## Demographics

Kids Friendly

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)