

10 Turkey Meatloaf



Ground turkey, extra lean (97272)	2 lbs.	900 g
Eggs, beaten	2	100 g
Red and white kidney beans, black beans, cooked	250 ml 1 cup	350 g
Diced tomatoes, canned	1 can (796 ml / 28 oz)	
Onion, finely chopped	160 ml ⅔ cup	80 g
Dried oregano	10 ml 2 teaspoons	3 g
Pepper	2.5 ml ½ teaspoon	1 g
Salt	To taste	
Ketchup	125 ml ½ cup	125 g
Worcestershire sauce	20 ml 4 teaspoons	20 g
Optional : you can add bread crumbs		

: 10
 : 20 minutes
 : 90 minutes
 : yes

Nutrition Facts	
For 1 portion (200 g)	
Amount	% Daily Value
Calories 220	
Fat 9 g	14%
Saturated 2.5 g	
+ trans 0.1 g	13%
Polyunsaturated 2 g	
Omega-6 0.4 g	
Omega-3 0 g	
Monounsaturated 3.5 g	
Cholesterol 95 mg	32%
Sodium 440 mg	18%
Potassium 580 mg	16%
Carbohydrates 15 g	5%
Fibre 2 g	8%
Sugar 7 g	
Protein 20 g	
Vitamin A 44 RE	4%
Vitamin C 5 mg	8%
Calcium 52 mg	4%
Iron 2.2 mg	15%
Phosphorus 69.7 mg	6%

- Preheat oven to 180 °C (350 °F).
- Make sure to drain the turkey, beans and the tomatoes.
- Mix all the ingredients together.
- Shape meatloaf into mold.
- Cook for an hour and a half.
- Serve with mashed potatoes or other starchy food.

Chef's Remarks

replacement product : you may also replace with ground pork (97262).

Canada's Food Guide Portions

¾ serving of vegetables and fruit
 + 1 ½ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none

Food Exchange System

1 ½ servings of vegetables
 + ½ serving of other foods
 + 2 servings of meat and alternatives
 + ½ serving of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)