

# Turkey Meatloaf

**Serves: 6 | Calories per serving: 173**

## Ingredients:

- 1 lb. ground turkey
- 1 cup fresh homemade salsa
  - Mix together a couple tomatoes, a couple mini sweet bell peppers, ½ Anaheim pepper or jalapeno pepper (if you prefer hotter), green onion, clove of garlic, fresh cilantro, fresh squeezed lime juice, and sea salt and use blender or chopper to reach desired consistency
- 1 flax “egg” (1 tbsp ground flaxseed mixed with 3 tbsp water, let sit for 5 mins to form gel)
- Season with turmeric, Bragg’s 24 herbs seasoning, parsley, basil, garlic powder, smoked paprika and a pinch of sea salt (couple quick shakes of each)
- Cashew cheese (see recipe under “vegan” recipe tab)

## Nutrition Facts

Servings 6.0

### Amount Per Serving

calories 173

% Daily Value \*

**Total Fat** 9 g 13 %

Saturated Fat 2 g 9 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

**Cholesterol** 52 mg 17 %

**Sodium** 88 mg 4 %

**Potassium** 382 mg 11 %

### Total

**Carbohydrate** 7 g 2 %

### Dietary

**Fiber** 2 g 8 %

**Sugars** 3 g

**Protein** 17 g 34 %

Vitamin A 80 %

Vitamin C 70 %

Calcium 23 %

Iron 4 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

**Instructions:** Empty ground turkey into large bowl, add flax egg, fresh salsa and seasonings and use hands to mix/knead well. If the meat is too wet and difficult to form into a loaf, you can add a little more flaxseed until it binds better. Form into a loaf and top with cold cashew cheese sauce. Cover with foil and bake in a loaf pan at 375 degree F for 45 – 50 mins. You can remove the foil the last 10 mins if you want.