

Turkey Loaf with Tomato Sauce, Red Cabbage, and Sweet Potatoes

Nutrition Facts Report

Source: Custom

Ingredients

Yield: 5 (1.000 serving(s))

No. Ingredients: 25

Category: Basic Food

Manufacturer: (None)

- 0.500 lb. Loaf, Turkey, Breast Meat
- 1.000 item Egg, Raw
- 0.125 c. Pepper, Bell or Sweet, Red
- 0.125 c. Pepper, Bell or Sweet, Yellow
- 0.500 c. Onions, Chopped
- 1.000 T. Garlic Clove
- 1.000 T. Olive Oil, Extra Virgin
- 0.250 c. Whole Oats
- 4.000 item Potatoes, Sweet
- 1.000 T. Olive Oil, Extra Virgin
- 1.000 T. Cumin, Ground
- 8.000 item Tomatoes, Red
- 0.500 item Pepper, Bell or Sweet, Green
- 0.500 item Onions, Chopped
- 1.000 item Garlic Clove
- 1.000 item Cabbage, Red
- 1.000 item Apples, Granny Smith w/Skin, Raw
- 1.000 item Onions
- 2.000 T. BRAGG Apple Cider Vinegar
- 2.000 c. CFH Chicken Stock
- 2.000 T. Nature Nate's Organic Honey
- 1.500 T. Caraway Seeds
- 2.000 T. Olive Oil, Extra Virgin
- 0.500 t. CFH Seasoning
- 0.250 t. TONE'S Sea Salt

Instructions

Tuesday, August 23, 2016

Nutrition Facts

Serving Size 1.00 serving(s) (1151g)

Amount Per Serving

Calories 340 **Calories from Fat** 127

% Daily Value

Total Fat 14.1g 22 %

Saturated Fat 2.1g 11 %

Trans Fat 0.0g

Cholesterol 56.7mg 19 %

Sodium 603.6mg 25 %

Total Carbohydrate 65.6g 22 %

Dietary Fiber 13.3g 53 %

Sugars 30.6g

Protein 17.0g

Vitamin A 393 % Calcium 20 %

Vitamin C 259 % Iron 25 %