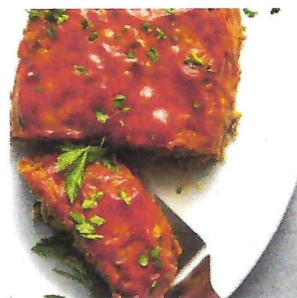


Amazing Keto Turkey Meatloaf

Sometimes you just want turkey meatloaf and this keto turkey meatloaf has so much flavor. Serve with mashed cauliflower. Only 4g net carbs per serving.



4.72 from 21 votes

Prep Time

10 mins

Cook Time

1 hr

Total Time

1 hr 10 mins

Course: dinner Cuisine: American

Keyword: gluten free, recipe for keto turkey meatloaf Servings: 8

Calories: 343 Author: Jennifer Banz

Equipment

- Meat Thermometer (Click here for the one I like best on Amazon)

Ingredients

- 1 Tablespoon avocado oil (Click here for my favorite brand on Amazon)
- 1 small Onion diced
- 2 teaspoons Minced garlic
- 2 pounds Ground turkey 85/15 (1.7 lb Butterball)
- 1/4 Cup Chopped fresh parsley (omit)
- 1 teaspoon Kosher salt
- 1/2 teaspoon Black pepper
- 1/4 Cup Chicken broth (water)
- 2 Tablespoons Worcestershire sauce
- 2 Eggs
- 3/4 Cup almond flour (click here to see my favorite on Amazon)
- 3/4 Cup Sugar free ketchup

Instructions

1. Preheat the oven to 350F and coat a sheet pan with cooking spray or line with foil
2. Heat the avocado oil in a small skillet over medium heat. Add in the onion and cook until translucent. About 8 minutes. Add in the garlic and cook for 1 minute more. Remove from the heat and set aside.
3. In a large mixing bowl, add in the ground turkey, onion and garlic, parsley, salt, pepper, chicken broth, Worcestershire, eggs, and almond flour. Mix well.
4. Dump the turkey mixture in the sheet pan and form into a loaf. Spread the ketchup on top.
5. Bake in the preheated oven for 45 minutes to 1 hour, or until an internal meat thermometer reads 165F.
6. Serve

Nutrition

Calories: 343 | Carbohydrates: 5g | Protein: 22g | Fat: 26g | Fiber: 1g