the center
For Naturopathic Medicine & Functional Nutrition



Extra Veggies Meatloaf

Prep time	Total time	Meal type	Servings
15 minutes	1 hour 15 minutes	Lunch, Dinner	6

Ingredients

- 2/3 cup carrots, *finely shredded*
- 2/3 cup zucchini, *finely shredded*
- 1 tsp basil, dried
- 1 tsp rosemary, dried
- 1 tsp garlic powder
- 1 lb ground turkey
- 2 eggs
- 1 lb grass-fed beef
- 1 Tbs Dijon mustard

Directions

Prep

1. Preheat the oven to 350°F.
2. Shred carrots and zucchini.

Make

1. In a large bowl, combine the carrots, zucchini, basil, rosemary, garlic powder, and meat.
2. Add the eggs and make sure it is evenly combined.
3. Place the meat mixture into a loaf pan and spread the Dijon mustard over the top.
4. Bake for 1 hour or until cooked through.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 296

	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 6g	**31%**
Trans Fat 1g	
Cholesterol 161mg	**54%**
Sodium 156mg	**7%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 1g	**3%**
Total Sugars 1g	
Protein 32g	
Vitamin D N/A	0%
Calcium 46mg	4%
Iron 3mg	16%
Potassium 510mg	11%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only