

Idaho Apple Commission

Recipe

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Recipe: Idaho Happy Apple Turkey Meatloaf

Recipe Group: ENTREE

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: Squares

| | | |
|--|---|---|
| 009003 IDAHO APPLES,RAW,WITH SKIN..... 011282 ONIONS,RAW..... | 3 1/4 LB 4 LB | Preheat oven to 400°F. Line four shallow steam table pans with parchment paper. <u>Prepare Ingredients</u> Wash, core and small dice apples. Peel and small dice onion. |
| 902476 Ground Turkey, Raw, 15% Fat..... 902467 USDA Oats, Rolled, Quick 100467..... 902468 USDA Eggs, Pasteurized, Whole 100046..... 902477 USDA Tomato Sauce, Low-Sodium, #100334... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 002038 SAGE, GROUND..... 799904 MUSTARD, POWDER/DRY..... 050151 ITALIAN SEASONING MIX..... 799903 GARLIC, GRANULATED..... | 13 1/2 LB 6 CUP 2 QT 2 CUP 2 TBSP 2 TBSP, ground 1/4 CUP 1/4 CUP 2 TBSP 2 TBSP | <u>Prepare Meatloaf</u> In a mixer, using the paddle attachment, mix ground turkey, diced apples, diced onions, oats, eggs, tomato sauce, salt, pepper, sage, dry mustard, Italian seasoning, and garlic granules. Note: do not over mix as it will make the meatloaf tough. <u>Cook Meatloaf</u> Divide meatloaf evenly into 4 sections. Spread each section evenly into a shallow baking pan using a rubber spatula. Bake for 45 minutes or until reaches 165°F. Cut each pan into 25 servings. <u>Chef Tips</u> Apples and turkey products pair very well together. Ground beef can be substituted if ground turkey is not available. |

*Nutrients are based upon 1 Portion Size (Squares)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|-----------|----------|-----------------------------|
| Calories | 246 kcal | Cholesterol | 304.40 mg | Protein | 19.63 g | Calcium | 82.98 mg | 58.68% | Calories from Total Fat |
| Total Fat | 16.07 g | Sodium | 296.57 mg | Vitamin A | 87.41 RE | Iron | 14.85 mg | 15.91% | Calories from Saturated Fat |
| Saturated Fat | 4.36 g | Carbohydrates | 6.68 g | Vitamin A | 460.64 IU | Water ¹ | *28.85* g | *23.65%* | Calories from Trans Fat |
| Trans Fat ¹ | *6.48* g | Dietary Fiber | 1.14 g | Vitamin C | 3.11 mg | Ash ¹ | *0.49* g | 10.84% | Calories from Carbohydrates |
| | | | | | | | | 31.86% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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|----------------------------------|--|-------------------|--------------------------|-------------------------|-------------------------------|
| Miscellaneous | | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
| Meat/Alt..... 2.25 oz | | | | | ? - Milk |
| Grain..... oz | | | | | ? - Egg |
| Fruit..... 0.125 cup | | | | | ? - Peanut |
| Vegetable..... cup | | | | | ? - Tree Nut |
| Milk..... cup | | | | | ? - Fish |
| Moisture & Fat Change | | | | | ? - Shellfish |
| Moisture Change. 0% | | | | | ? - Soy |
| Fat Change..... 0% | | | | | ? - Wheat |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 009003 | IDAHO APPLES,RAW,WITH SKIN | | | |
| I | 011282 | ONIONS,RAW | | | |
| I | 902476 | Ground Turkey, Raw, 15% Fat | | | |
| I | 902467 | USDA Oats, Rolled, Quick 100467 | | | |
| I | 902468 | USDA Eggs, Pasteurized, Whole 100046 | | | |
| I | 902477 | USDA Tomato Sauce, Low-Sodium, #100334 | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER, BLACK | | | |
| I | 002038 | SAGE, GROUND | | | |
| I | 799904 | MUSTARD, POWDER/ DRY | | | |
| I | 050151 | ITALIAN SEASONING MIX | | | |
| I | 799903 | GARLIC, GRANULATED | | | |

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