



A Firefighter's Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon barbeque sauce
- ☐ 2 tablespoons garlic minced
- ☐ 1 green onion chopped
- ☐ 2 pounds ground beef
- ☐ 2 tablespoons onion chopped
- ☐ 1 cup salsa
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons grain dijon mustard whole

- ☐ 2 slices bread whole wheat
- ☐ 1 teaspoon worcestershire sauce

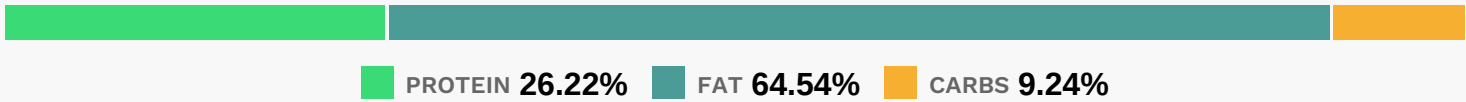
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Soak the bread in warm water in a small bowl.
- ☐ Place the beef in a large bowl.
- ☐ Drain bread and add to beef along with green onion, onion, salsa, Dijon mustard, Worcestershire sauce, garlic, salt and pepper.
- ☐ Mix by hand until well blended. Form into a loaf and place in a greased loaf pan.
- ☐ Bake for 1 hour in the preheated oven.
- ☐ Drain off excess fat and top with barbeque (Diana) sauce. Return to the oven and bake for an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:2.78, Inflammation Score:-3, Nutrition Score:16.782174120779%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 435.1kcal (21.75%), Fat: 30.86g (47.48%), Saturated Fat: 11.7g (73.11%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.42g (3.8%), Cholesterol: 107.35mg (35.78%), Sodium: 720.31mg (31.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.65mg (44.36%), Selenium: 27.63µg (39.47%), Vitamin B3: 7.38mg (36.88%), Vitamin B6: 0.63mg (31.44%), Phosphorus: 284.92mg (28.49%), Iron: 3.59mg (19.94%), Manganese: 0.34mg (17.02%), Potassium: 586.75mg (16.76%), Vitamin B2: 0.26mg (15.58%), Magnesium: 43.7mg (10.93%), Vitamin B5: 0.95mg (9.52%), Vitamin K: 9.61µg (9.15%), Vitamin B1: 0.14mg (9.03%), Vitamin E: 1.25mg (8.36%), Copper: 0.16mg (8.02%), Fiber: 1.75g (6.98%), Calcium: 66.9mg (6.69%), Vitamin A: 239.4IU (4.79%), Folate: 18.72µg (4.68%), Vitamin C: 2.45mg (2.96%), Vitamin D: 0.15µg (1.01%)