



Apple Meatloaf with Cider Ketchup

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apples shredded
- 0.3 cup apple cider
- 1 cup four cheese shredded mexican style kraft finely
- 2 Tbsp parsley fresh chopped
- 1 Tbsp thyme leaves fresh chopped
- 0.5 tsp garlic powder
- 0.8 lb ground pork
- 0.8 lb ground beef lean

- 0.3 cup milk
- 0.3 tsp onion powder
- 1 pkt. shake & bake seasoned panko seasoned coating mix
- 0.3 cup heinz tomato ketchup

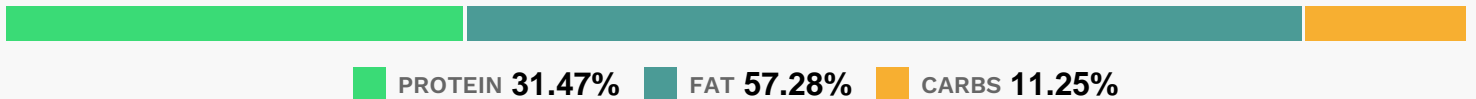
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F.
- Combine coating mix and seasonings in medium bowl; stir in cheese.
- Reserve 2 Tbsp. cheese mixture.
- Mix remaining cheese mixture with milk in large bowl.
- Add all remaining ingredients except apple cider and ketchup; mix just until blended.
- Shape meat mixture into loaf in 13x9-inch baking dish sprayed with cooking spray.
- Bake 1 hour. Top with reserved cheese mixture; bake 2 min. or until cheese is melted.
- Mix apple cider and ketchup; serve with meatloaf.

Nutrition Facts



Properties

Glycemic Index:10.99, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:4.7526086750238%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg
Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,
Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:
0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 102.87kcal (5.14%), Fat: 6.5g (10%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 2.87g (0.96%), Net
Carbohydrates: 2.63g (0.96%), Sugar: 2.05g (2.28%), Cholesterol: 28.81mg (9.6%), Sodium: 115.05mg (5%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Selenium: 8.86µg (12.65%), Zinc: 1.48mg (9.89%),
Vitamin B12: 0.58µg (9.61%), Phosphorus: 95.42mg (9.54%), Vitamin B1: 0.14mg (9.21%), Vitamin B3: 1.76mg (8.78%),
Vitamin B6: 0.15mg (7.51%), Vitamin K: 6.69µg (6.37%), Vitamin B2: 0.11mg (6.33%), Calcium: 51.03mg (5.1%),
Potassium: 143.96mg (4.11%), Iron: 0.68mg (3.78%), Vitamin A: 135.32IU (2.71%), Vitamin B5: 0.27mg (2.69%),
Magnesium: 10.74mg (2.68%), Vitamin C: 1.68mg (2.04%), Copper: 0.03mg (1.57%), Vitamin E: 0.17mg (1.1%), Folate:
4.23µg (1.06%), Manganese: 0.02mg (1.05%)