



Barbecue Meat Loaf

READY IN



86 min.

SERVINGS



8

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce fat-free
- ☐ 0.5 cup egg substitute
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 pounds ground round
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 cup onion frozen thawed chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 slices bread whole wheat

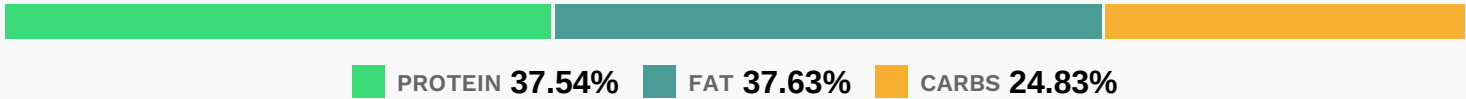
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Add bread and vegetable blend to processor bowl; process until chopped.
- ☐ Add meat and next 5 ingredients. Pulse until combined.
- ☐ Shape meat mixture into an 8- x 4-inch loaf; place on a rack in a roasting pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 10 minutes.
- ☐ Spread barbecue sauce over meat loaf.
- ☐ Bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:2.27, Inflammation Score:-3, Nutrition Score:11.682173853335%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 220.47kcal (11.02%), Fat: 9.03g (13.89%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.46g (4.53%), Sugar: 8.13g (9.03%), Cholesterol: 56.02mg (18.67%), Sodium: 380.89mg (16.56%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.27g (40.53%), Vitamin B12: 2.02µg (33.68%), Selenium: 22.82µg (32.6%), Zinc: 4.48mg (29.85%), Vitamin B3: 4.79mg (23.97%), Phosphorus: 207.37mg (20.74%), Vitamin B6: 0.4mg (20%), Iron: 2.55mg (14.17%), Vitamin B2: 0.24mg (14.05%), Potassium: 418.93mg (11.97%), Manganese: 0.22mg (11.1%), Vitamin B5: 0.91mg (9.13%), Magnesium: 30.95mg (7.74%), Vitamin B1: 0.1mg (6.91%), Calcium: 62.65mg (6.27%), Copper: 0.1mg (5.16%), Vitamin E: 0.7mg (4.66%), Fiber: 0.94g (3.78%), Folate: 14.92µg (3.73%), Vitamin D: 0.49µg (3.25%), Vitamin C: 1.78mg (2.16%), Vitamin A: 103.69IU (2.07%), Vitamin K: 1.78µg (1.7%)