



BBQ 'Meatloaf' Bake

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 stalk celery finely chopped
- 0.5 cup bread crumbs plain dry
- 0.5 cup cholesterol-free egg product
- 1 small onion finely chopped
- 0.3 cup heinz tomato ketchup
- 12 oz boca veggie ground crumbles frozen

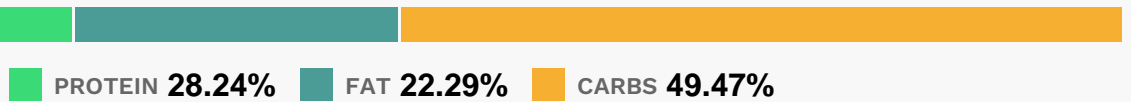
Equipment

- bowl
- oven
- microwave

Directions

- Heat oven to 350F.
- Microwave crumbles in medium microwaveable bowl on HIGH 1-1/2 min.
- Add all remaining ingredients except ketchup; mix lightly.
- Let stand 5 min.
- Shape into loaf in 9-inch pie plate sprayed with cooking spray; top with ketchup.
- Bake 35 min. or until done (160F).

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:15.002608579138%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 200.58kcal (10.03%), Fat: 5.02g (7.73%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 21.46g (7.8%), Sugar: 11.88g (13.2%), Cholesterol: 75.33mg (25.11%), Sodium: 678.72mg (29.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin B12: 4.92µg (81.96%), Vitamin B1: 0.81mg (53.73%), Vitamin B3: 7.51mg (37.55%), Vitamin B6: 0.55mg (27.58%), Iron: 3.96mg (22.02%), Phosphorus: 181.26mg (18.13%), Vitamin B2: 0.27mg (16.08%), Fiber: 3.62g (14.48%), Selenium: 8.95µg (12.79%), Potassium: 270.51mg (7.73%), Manganese: 0.15mg (7.51%), Zinc: 1.1mg (7.34%), Folate: 25.14µg (6.29%), Vitamin A: 244.2IU (4.88%), Vitamin B5: 0.43mg (4.35%), Calcium: 42.53mg (4.25%), Vitamin E: 0.58mg (3.85%), Copper: 0.07mg (3.5%), Vitamin K: 3.38µg (3.22%), Magnesium: 12.6mg (3.15%), Vitamin D: 0.41µg (2.7%), Vitamin C: 1.62mg (1.97%)