



## Beef-and-Sausage Meatloaf With Chunky Red Sauce on Cheese Toast

READY IN



52 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 beef chilled cooked
- 12 oz bread french
- 2 tablespoons parsley fresh chopped
- 6 servings sauce red
- 8 oz mozzarella cheese divided grated

### Equipment

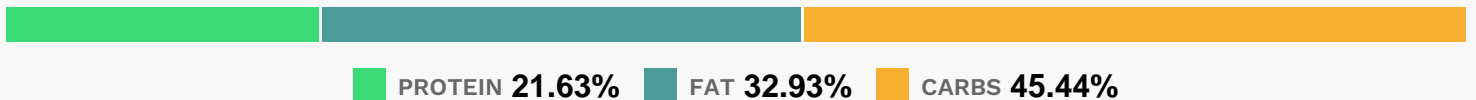
- baking sheet

- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 32
- Cut chilled meatloaf into 6 (1-inch-thick) slices.
- Place on an aluminum foil-lined baking sheet.
- Bake for 30 minutes.
- Remove to a wire rack. Increase oven temperature to 40
- Cut bread diagonally into 6 (1-inch-thick) slices.
- Place on an aluminum foil-lined baking sheet.
- Sprinkle evenly with 1 cup (4 oz.) mozzarella cheese.
- Bake at 400 for 5 to 7 minutes or until cheese is melted and bubbly.
- Place 1 meatloaf slice on each piece of cheese toast. Top with desired amount of Chunky Red Sauce.
- Sprinkle with parsley and remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:22.92, Inflammation Score:-5, Nutrition Score:11.720000064891%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

## Nutrients (% of daily need)

Calories: 269.74kcal (13.49%), Fat: 9.87g (15.18%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 29.33g (10.67%), Sugar: 3.25g (3.61%), Cholesterol: 29.98mg (9.99%), Sodium: 591.19mg

(25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Selenium: 22.67µg (32.38%), Vitamin B1: 0.42mg (27.67%), Calcium: 222.24mg (22.22%), Vitamin K: 23.14µg (22.03%), Vitamin B2: 0.35mg (20.63%), Phosphorus: 194.38mg (19.44%), Folate: 74.42µg (18.61%), Manganese: 0.31mg (15.53%), Vitamin B12: 0.87µg (14.42%), Vitamin B3: 2.8mg (13.98%), Iron: 2.47mg (13.72%), Zinc: 1.71mg (11.43%), Vitamin A: 367.84IU (7.36%), Magnesium: 26.4mg (6.6%), Fiber: 1.29g (5.17%), Copper: 0.09mg (4.62%), Vitamin B6: 0.08mg (3.82%), Potassium: 102.9mg (2.94%), Vitamin B5: 0.25mg (2.49%), Vitamin C: 1.77mg (2.15%), Vitamin E: 0.2mg (1.34%), Vitamin D: 0.15µg (1.01%)