



## Bold & Saucy Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup bull's-eye bold original barbecue sauce divided
- 1 eggs
- 0.5 cup pasilla peppers green chopped
- 450 g ground beef lean
- 120 g stove top lower sodium stuffing mix for chicken
- 0.8 cup water

## Equipment

- bowl

- oven
- whisk
- loaf pan

## Directions

- Heat oven to 350F.
- Whisk egg and water in large bowl until well blended.
- Add all remaining ingredients except 2 Tbsp. barbecue sauce; mix well.
- Press into 9x5-inch loaf pan; brush with remaining barbecue sauce.
- Bake 1 hour or until done (160F).
- Let stand 10 min. before slicing.

## Nutrition Facts

**PROTEIN 34.18%** **FAT 20.92%** **CARBS 44.9%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:18.522174026655%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 350.87kcal (17.54%), Fat: 7.95g (12.23%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 36.79g (13.38%), Sugar: 14.84g (16.49%), Cholesterol: 110.97mg (36.99%), Sodium: 882.37mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.45%), Selenium: 37.82µg (54.02%), Vitamin B12: 2.62µg (43.73%), Zinc: 6.24mg (41.58%), Vitamin B3: 8.22mg (41.11%), Phosphorus: 297.7mg (29.77%), Vitamin B6: 0.57mg (28.69%), Iron: 4.31mg (23.92%), Vitamin B2: 0.38mg (22.23%), Vitamin C: 15.19mg (18.41%), Potassium: 593.76mg (16.96%), Vitamin B1: 0.25mg (16.54%), Folate: 63.77µg (15.94%), Manganese: 0.26mg (13.01%), Magnesium: 45.02mg (11.26%), Vitamin B5: 1.09mg (10.87%), Copper: 0.21mg (10.55%), Fiber: 1.6g (6.39%), Calcium: 60.38mg (6.04%), Vitamin E: 0.9mg (6%), Vitamin A: 208.99IU (4.18%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.33µg (2.22%)