



Bold & Spicy Meatloaf

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs dry italian-style
- 1 eggs beaten
- 0.5 cup pasilla peppers green chopped
- 6 Tbsp a.1. bold & spicy sauce divided
- 1 lb ground beef lean

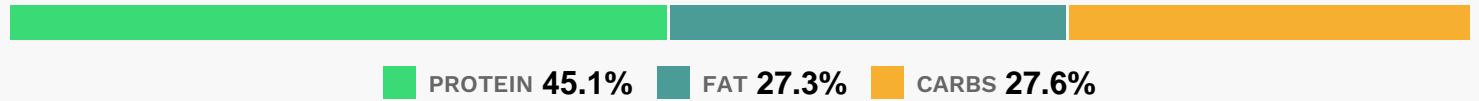
Equipment

- oven
- loaf pan

Directions

- Heat oven to 350F.
- Reserve 2 Tbsp. A.
- Sauce for later use.
- Mix remaining A.
- Sauce with remaining ingredients just until blended.
- Press into 8x4-inch loaf pan sprayed with cooking spray; drizzle with reserved A.
- Sauce.
- Bake 40 to 45 min. or until done (160F).
- Let stand 10 min. before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:15.369130310805%

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: 255.59kcal (12.78%), Fat: 7.49g (11.52%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.1g (5.86%), Sugar: 6.52g (7.25%), Cholesterol: 111.23mg (37.08%), Sodium: 459.84mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Vitamin B12: 2.69µg (44.75%), Zinc: 6.13mg (40.89%), Selenium: 26.51µg (37.87%), Vitamin B3: 7.22mg (36.12%), Phosphorus: 272.31mg (27.23%), Vitamin B6: 0.52mg (26.06%), Iron: 3.61mg (20.04%), Vitamin C: 14.97mg (18.15%), Vitamin B2: 0.29mg (17.2%), Potassium: 466.59mg (13.33%), Vitamin B1: 0.19mg (12.8%), Vitamin B5: 0.99mg (9.9%), Magnesium: 33.94mg (8.48%), Manganese: 0.16mg (8.06%), Copper: 0.14mg (7.1%), Folate: 27.15µg (6.79%), Calcium: 42.93mg (4.29%), Fiber: 0.92g (3.7%), Vitamin E: 0.51mg (3.42%), Vitamin A: 128.31IU (2.57%), Vitamin K: 2.64µg (2.52%), Vitamin D: 0.33µg (2.22%)