



Café-Style Meatloaf With Browned Gravy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 large egg whites
- 4 servings browned gravy
- 0.5 cup bell pepper green finely chopped
- 1 pound ground round
- 0.5 cup regular oats
- 0.5 cup onion finely chopped
- 1 teaspoon oregano dried

- 0.3 teaspoon salt
- 2 teaspoons worcestershire sauce

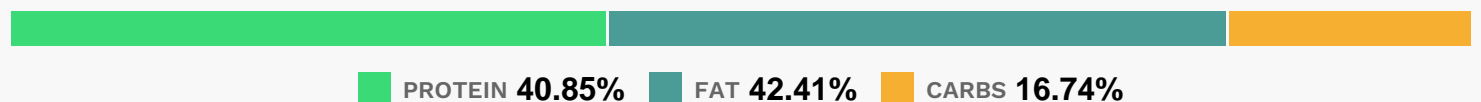
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 350
- Combine first 8 ingredients in a large bowl; crumble beef over vegetable mixture, and stir until well-blended.
- Shape beef mixture into an 8 x 4-inch loaf. Coat a rack and a shallow pan with cooking spray.
- Place meat loaf on rack in pan.
- Bake at 350 for 55 minutes or until a thermometer registers 160
- Prepare Browned Gravy.
- Remove meat loaf from oven.
- Let stand 10 minutes.
- Cut into 8 slices.
- Serve with Browned Gravy.
- Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:15.515217454537%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 262.67kcal (13.13%), Fat: 12.12g (18.65%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 8.84g (3.21%), Sugar: 1.85g (2.06%), Cholesterol: 73.79mg (24.6%), Sodium: 293.27mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.54%), Vitamin B12: 2.52µg (42.02%), Zinc: 5.88mg (39.23%), Selenium: 25.2µg (36%), Vitamin B3: 6.04mg (30.2%), Phosphorus: 264.94mg (26.49%), Vitamin B6: 0.5mg (25.04%), Manganese: 0.47mg (23.54%), Vitamin C: 16.86mg (20.43%), Iron: 3.45mg (19.14%), Vitamin B2: 0.28mg (16.61%), Potassium: 521.38mg (14.9%), Magnesium: 44.3mg (11.08%), Vitamin B5: 0.87mg (8.69%), Vitamin B1: 0.12mg (7.86%), Copper: 0.16mg (7.81%), Fiber: 1.92g (7.7%), Vitamin K: 5.91µg (5.63%), Folate: 17.82µg (4.45%), Calcium: 38.33mg (3.83%), Vitamin E: 0.57mg (3.82%), Vitamin A: 80.87IU (1.62%)