



Cheese Stuffed Meat Loaf

READY IN



95 min.

SERVINGS



6

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 1.5 lb ground beef 93% (at least)
- ☐ 18 oz onion soup mix french progresso® canned
- ☐ 0.3 teaspoon pepper
- ☐ 9 oz provolone cheese
- ☐ 0.8 cup rice flour gluten-free white (from 4.4 oz box crackers)
- ☐ 1 teaspoon salt
- ☐ 0.8 teaspoon thyme leaves

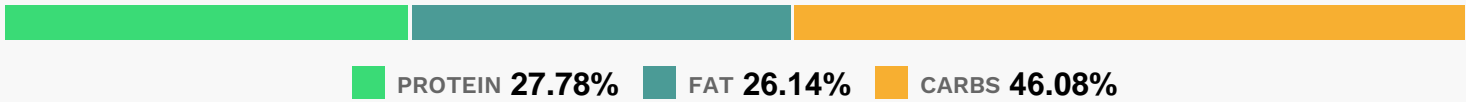
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cracker crumbs and 1 cup of the soup until well mixed; let stand 10 minutes.
- ☐ Add beef, salt, thyme, pepper and egg to cracker crumb mixture until well mixed.
- ☐ Spread half of beef mixture into ungreased 8x4-or 9x5- inch loaf pan.
- ☐ Cut 3 slices of the cheese into 1/2-inch strips. Arrange strips in center of loaf to within 1/2-inch of sides and ends of pan. Top cheese with remaining beef mixture covering completely to sides of pan.
- ☐ Insert ovenproof meat thermometer so tip is in center of loaf.
- ☐ Bake uncovered 1 hour to 1 hour 15 minutes or until beef is no longer pink in center and thermometer reads 160°F. Arrange remaining cheese slices, overlapping, on top of meat loaf. Top cheese with 1/4 cup of the remaining soup (making sure to get onion pieces).
- ☐ Bake an additional 5 minutes or until cheese is melted.
- ☐ Let stand 5 minutes; remove from pan.
- ☐ Heat remaining soup until hot, serve with meat loaf and potatoes.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:10.84, Inflammation Score:-6, Nutrition Score:27.561739133752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 637.96kcal (31.9%), Fat: 18.26g (28.09%), Saturated Fat: 10.21g (63.8%), Carbohydrates: 72.44g (24.15%), Net Carbohydrates: 66.3g (24.11%), Sugar: 4.24g (4.72%), Cholesterol: 126.93mg (42.31%), Sodium: 7612.28mg (330.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.66g (87.33%), Phosphorus: 649.42mg (64.94%), Zinc: 8.36mg (55.73%), Vitamin B12: 3.23µg (53.77%), Vitamin B6: 1.07mg (53.57%), Selenium: 35.43µg (50.61%), Calcium: 461.04mg (46.1%), Manganese: 0.84mg (41.96%), Vitamin B3: 8.08mg (40.39%), Vitamin B2: 0.59mg (34.77%), Potassium: 1092.27mg (31.21%), Fiber: 6.15g (24.6%), Magnesium: 96.32mg (24.08%), Iron: 4.24mg (23.54%), Copper: 0.43mg (21.63%), Vitamin B1: 0.32mg (21.51%), Vitamin B5: 1.94mg (19.35%), Vitamin A: 438.9IU (8.78%), Vitamin E: 0.63mg (4.17%), Vitamin C: 3.29mg (3.99%), Folate: 14.3µg (3.57%), Vitamin D: 0.47µg (3.15%), Vitamin K: 2.62µg (2.5%)