



Cheeseburger Meat Loaves

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounce processed cheese food fat-free quartered
- 2 egg whites lightly beaten
- 1 clove garlic minced
- 0.5 cup bell pepper green finely chopped (1 small)
- 0.8 pound ground round
- 3 tablespoons catsup reduced-calorie
- 0.8 cup onion finely chopped (1 small)
- 1 cup saltines fat-free crushed

1 tablespoon worcestershire sauce low-sodium

Equipment

bowl

frying pan

oven

Directions

Combine first 7 ingredients in a large bowl; mix well. Divide meat mixture into 4 equal portions. Shape each portion around 2 pieces of cheese, forming a small loaf.

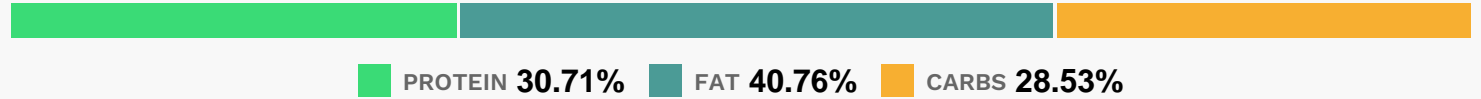
Place loaves in a shallow pan coated with cooking spray.

Brush loaves evenly with ketchup.

Bake at 350 for 30 minutes or until done.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:14.903478342554%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 301.55kcal (15.08%), Fat: 13.5g (20.77%), Saturated Fat: 5.69g (35.53%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 19.9g (7.24%), Sugar: 5.12g (5.69%), Cholesterol: 65.91mg (21.97%), Sodium: 582.53mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Vitamin B12: 2.07µg (34.47%), Selenium: 21.42µg (30.61%), Zinc: 4.57mg (30.5%), Vitamin B3: 5.78mg (28.92%), Phosphorus: 263.78mg (26.38%), Vitamin C: 18.44mg (22.35%), Vitamin B6: 0.44mg (22.01%), Vitamin B2: 0.35mg (20.41%), Iron: 3.36mg (18.68%), Calcium: 142.03mg (14.2%), Potassium: 483.1mg (13.8%), Vitamin B1: 0.19mg (12.73%), Manganese: 0.25mg (12.31%),

Folate: 38.94µg (9.74%), Magnesium: 32.51mg (8.13%), Vitamin B5: 0.73mg (7.26%), Vitamin K: 7.29µg (6.95%),
Copper: 0.14mg (6.91%), Fiber: 1.37g (5.46%), Vitamin E: 0.8mg (5.34%), Vitamin A: 231.29IU (4.63%)