



Cheesy Salsa Meatloaf

READY IN



75 min.

SERVINGS



15

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs plain dry
- 1 eggs lightly beaten
- 1 clove garlic minced
- 2 lb ground beef
- 0.3 cup milk
- 0.3 cup taco bellâ® & chunky salsa thick
- 1.5 cups cheddar cheese shredded kraft

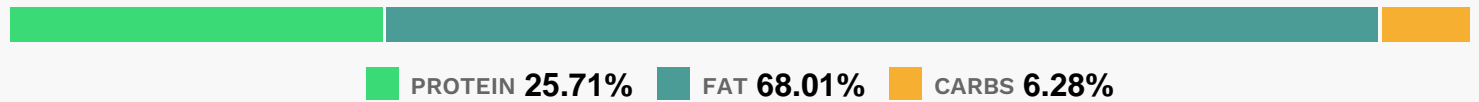
Equipment

- frying pan
- oven
- loaf pan

Directions

- Preheat oven to 400F.
- Mix all ingredients until well blended.
- Shape into loaf in 9x5-inch loaf pan.
- Bake 1 hour or until center is no longer pink.
- Remove from oven.
- Let stand 3 minutes before removing from pan.
- Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:7.5491304268008%

Nutrients (% of daily need)

Calories: 222.13kcal (11.11%), Fat: 16.55g (25.46%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.19g (1.16%), Sugar: 0.63g (0.7%), Cholesterol: 65.64mg (21.88%), Sodium: 174.95mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.15%), Vitamin B12: 1.47µg (24.58%), Zinc: 3.06mg (20.4%), Selenium: 14.22µg (20.32%), Phosphorus: 164.86mg (16.49%), Vitamin B3: 2.86mg (14.29%), Vitamin B6: 0.23mg (11.25%), Calcium: 105.59mg (10.56%), Vitamin B2: 0.17mg (10.26%), Iron: 1.44mg (7.99%), Potassium: 201.18mg (5.75%), Vitamin B1: 0.07mg (4.63%), Vitamin B5: 0.44mg (4.4%), Magnesium: 16.42mg (4.11%), Vitamin A: 156.47IU (3.13%), Folate: 12.02µg (3%), Vitamin E: 0.42mg (2.81%), Copper: 0.06mg (2.77%), Manganese: 0.05mg (2.47%), Vitamin K: 1.8µg (1.72%), Vitamin D: 0.23µg (1.54%)