



Chili Beef Loaf

READY IN



45 min.

SERVINGS



10

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs dried fine
- 2 large eggs
- 4 oz chilies whole green canned
- 4 oz jack cheese shredded
- 2 pounds ground beef 7% lean (or less fat)
- 0.5 cup onion minced
- 0.5 teaspoon pepper
- 1.5 cups chili salsa green red
- 1 teaspoon salt

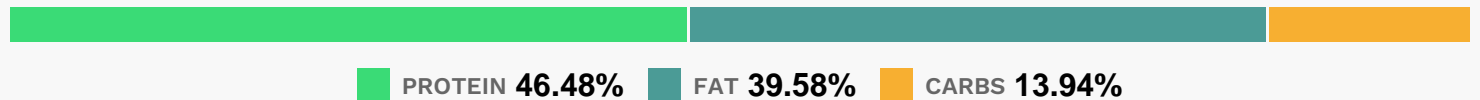
Equipment

- oven
- loaf pan
- spatula

Directions

- Mix beef with eggs, 1/2 cup salsa, bread crumbs, onion, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Pack half the meat mixture flat into a 5- by 9-inch loaf pan.
- Cut green chilies into 1/2-inch strips and arrange over the meat.
- Sprinkle with half the cheese.
- Pack remaining meat mixture over chili-cheese layer.
- Bake in a 400 oven until well browned, 55 to 60 minutes.
- Sprinkle with remaining cheese and let stand about 10 minutes.
- Cut meat loaf into thick slices and lift out with a wide spatula.
- Serve with sour cream, remaining salsa, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:13.731304438218%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 9.27g (14.26%), Saturated Fat: 4.59g (28.72%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.03g (2.19%), Sugar: 2.12g (2.35%), Cholesterol: 103.54mg (34.51%), Sodium: 490.47mg (21.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.98%), Vitamin B12: 2.23µg (37.24%), Zinc: 5.21mg (34.73%), Selenium: 21.96µg (31.37%), Vitamin B3: 5.51mg (27.56%), Phosphorus: 266.04mg (26.6%), Vitamin C: 19.59mg (23.74%), Vitamin B6: 0.46mg (22.77%), Vitamin B2: 0.27mg (15.87%), Iron: 2.82mg (15.68%), Potassium: 397.03mg (11.34%), Calcium: 112.26mg (11.23%), Vitamin B5: 0.82mg (8.23%), Magnesium: 30.13mg (7.53%), Vitamin B1: 0.11mg (7.14%), Copper: 0.11mg (5.69%), Manganese: 0.11mg (5.38%), Folate: 21.2µg (5.3%), Fiber: 1.32g (5.27%), Vitamin A: 249.87IU (5%), Vitamin E: 0.47mg (3.16%), Vitamin K: 2.73µg (2.6%), Vitamin D: 0.36µg (2.39%)