



Chipotle Meat Loaf

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chipotles in adobo minced
- 1 large eggs lightly beaten
- 1.3 pounds ground beef
- 2 garlic clove minced
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 pound pd of ground turkey

- 0.5 cup catsup divided
- 0.5 cup rolled oats uncooked
- 2 cups onion chopped
- 2 teaspoons oregano dried
- 1 teaspoon salt
- 1 ounce sandwich bread white

Equipment

- food processor
- bowl
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 42
- Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/4 cup.
- Combine breadcrumbs and oats; set aside.
- Combine onion, 1/4 cup ketchup, salt, and next 6 ingredients in a bowl; crumble beef and turkey over onion mixture.
- Add breadcrumb mixture, and stir until blended.
- Press mixture into a 9 x 5-inch loaf pan coated with cooking spray.
- Combine 1/4 cup ketchup and chipotle pepper; spread over top of loaf.
- Bake at 425 for 45 minutes or until a thermometer inserted in center of loaf registers 16
- Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:3.32, Inflammation Score:-7, Nutrition Score:13.925651996032%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 203.71kcal (10.19%), Fat: 5.39g (8.29%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.39g (4.51%), Sugar: 5.28g (5.87%), Cholesterol: 82.78mg (27.59%), Sodium: 516.7mg (22.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Vitamin B3: 7.2mg (35.98%), Selenium: 23.36µg (33.37%), Vitamin B6: 0.63mg (31.46%), Zinc: 4.56mg (30.38%), Vitamin B12: 1.79µg (29.8%), Phosphorus: 262.82mg (26.28%), Manganese: 0.34mg (17.05%), Iron: 3.03mg (16.83%), Potassium: 482.6mg (13.79%), Vitamin B2: 0.23mg (13.58%), Magnesium: 42.71mg (10.68%), Vitamin B5: 0.94mg (9.41%), Vitamin B1: 0.12mg (7.75%), Fiber: 1.89g (7.54%), Copper: 0.14mg (7.04%), Folate: 24.57µg (6.14%), Vitamin C: 3.98mg (4.82%), Calcium: 48.06mg (4.81%), Vitamin E: 0.66mg (4.42%), Vitamin K: 4.14µg (3.94%), Vitamin A: 158.03IU (3.16%), Vitamin D: 0.31µg (2.06%)