



Cottage Cheese Meat Loaf

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces curd cottage cheese 4%
- 1 eggs lightly beaten
- 0.3 cup catsup
- 1 tablespoon mustard prepared
- 2 tablespoons onion chopped
- 0.3 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 0.5 cup oats

1 teaspoon salt

Equipment

bowl

oven

baking pan

Directions

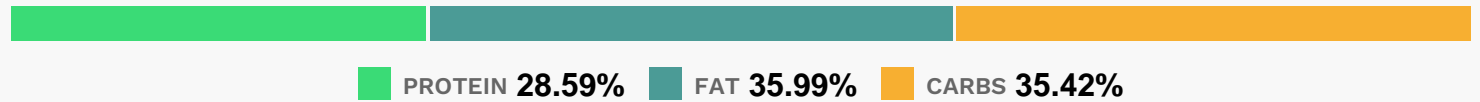
In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Press into an ungreased 8-in. square baking pan.

Bake at 350° for 20 minutes.

Sprinkle with Parmesan cheese; bake 10–15 minutes longer or until meat is no longer pink.

Drain; let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.51, Inflammation Score:-4, Nutrition Score:7.7413043478261%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 163.57kcal (8.18%), Fat: 6.66g (10.25%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.5g (4.91%), Sugar: 5.17g (5.74%), Cholesterol: 57.81mg (19.27%), Sodium: 1099.24mg (47.79%), Protein: 11.91g (23.82%), Manganese: 0.49mg (24.68%), Selenium: 16.65µg (23.78%), Phosphorus: 220.68mg (22.07%), Calcium: 138.05mg (13.8%), Vitamin B2: 0.21mg (12.5%), Magnesium: 40.51mg (10.13%), Vitamin B12: 0.45µg (7.57%), Zinc: 1.11mg (7.43%), Vitamin B5: 0.61mg (6.09%), Vitamin B1: 0.09mg (5.85%), Vitamin A: 290.92IU (5.82%), Potassium: 181.79mg (5.19%), Fiber: 1.26g (5.04%), Iron: 0.87mg (4.85%), Vitamin B6: 0.09mg (4.71%), Folate: 18.29µg (4.57%), Copper: 0.08mg (4.2%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.32µg (2.12%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1mg (1.21%), Vitamin K: 1.13µg (1.07%)