



Cowboy-Style "Meat Loaf"

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baking potato cooked uncooked peeled mashed (1 pound potatoes)
- 0.5 cup barbecue sauce divided
- 16 ounce kidney beans mashed drained canned
- 0.5 cup celery chopped
- 1 tablespoon dijon mustard
- 0.3 cup cilantro leaves fresh minced
- 2 garlic cloves minced
- 0.5 cup bell pepper diced green

- 1.5 teaspoons ground cumin
- 1 jalapeno seeded chopped
- 0.3 cup catsup
- 1 cup regular oats
- 2 teaspoons olive oil
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 cup bell pepper diced red
- 0.5 teaspoon salt
- 3 ounces sharp cheddar cheese shredded reduced-fat

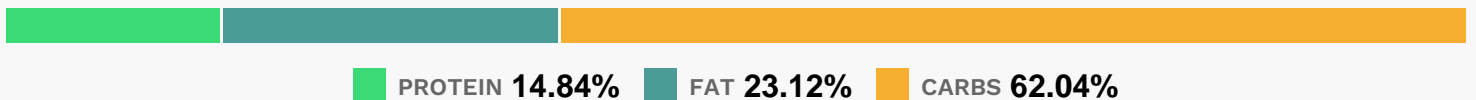
Equipment

- frying pan
- oven
- loaf pan

Directions

- Preheat oven to 37
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and next 6 ingredients (onion through jalapeo); saut 3 minutes. Stir in 1/4 cup barbecue sauce, potato, and the next 7 ingredients (potato through beans). Spoon the potato mixture into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 375 for 30 minutes.
- Brush 1/4 cup barbecue sauce over loaf, and sprinkle with cheese.
- Bake an additional 10 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:77.96, Glycemic Load:15, Inflammation Score:-7, Nutrition Score:16.286956509818%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg 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: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 296.36kcal (14.82%), Fat: 7.82g (12.04%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 39.6g (14.4%), Sugar: 14.15g (15.73%), Cholesterol: 14.17mg (4.72%), Sodium: 857.14mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Manganese: 0.97mg (48.66%), Vitamin C: 35.43mg (42.94%), Fiber: 7.63g (30.53%), Phosphorus: 258.71mg (25.87%), Vitamin B6: 0.42mg (20.98%), Potassium: 685.26mg (19.58%), Magnesium: 71.47mg (17.87%), Calcium: 166.28mg (16.63%), Vitamin A: 799.52IU (15.99%), Vitamin B1: 0.23mg (15.55%), Iron: 2.76mg (15.33%), Selenium: 10.55µg (15.07%), Copper: 0.28mg (14.18%), Folate: 51.71µg (12.93%), Vitamin B2: 0.21mg (12.59%), Vitamin K: 13.09µg (12.47%), Zinc: 1.85mg (12.32%), Vitamin B3: 1.66mg (8.29%), Vitamin E: 1.11mg (7.4%), Vitamin B5: 0.63mg (6.35%), Vitamin B12: 0.15µg (2.5%)