

Curried Meat Loaf

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cucumber seeded chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup eggs fat-free
- ☐ 2 egg whites
- ☐ 1.5 lb ground beef 90% (at least)
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup spring onion sliced

- ☐ 0.8 cup rolled oats
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon dijon mustard stone-ground
- ☐ 0.8 cup tomatoes chopped

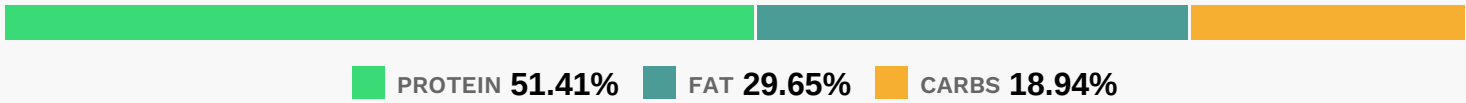
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Heat oven to 350°F. In large bowl, mix all meat loaf ingredients until well blended.
- ☐ Spread evenly in ungreased 9-inch loaf pan.
- ☐ Bake uncovered about 1 hour 30 minutes or until no longer pink in center.
- ☐ In medium bowl, mix all vegetable sauce ingredients.
- ☐ Serve sauce with meat loaf.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:16.929130481637%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 232.99kcal (11.65%), Fat: 7.47g (11.49%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.94g (3.25%), Sugar: 2.4g (2.66%), Cholesterol: 108.18mg (36.06%), Sodium: 324.29mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Vitamin B12: 2.7µg (45.03%), Zinc: 6.49mg (43.27%), Selenium: 28.63µg (40.9%), Vitamin B3: 6.54mg (32.71%), Phosphorus: 319.29mg (31.93%), Vitamin B6: 0.53mg (26.43%), Manganese: 0.46mg (23.02%), Iron: 3.57mg (19.86%), Vitamin B2: 0.33mg (19.33%), Potassium: 589.17mg (16.83%), Magnesium: 50.36mg (12.59%), Vitamin B5: 1.16mg (11.63%), Vitamin K: 12.13µg (11.55%), Copper: 0.17mg (8.66%), Vitamin B1: 0.13mg (8.4%), Fiber: 1.8g (7.2%), Folate: 25.96µg (6.49%), Vitamin C: 5.25mg (6.36%), Calcium: 54.78mg (5.48%), Vitamin A: 266.86IU (5.34%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.32µg (2.11%)