



## Easy Layered Italian Meatloaf

READY IN



45 min.

SERVINGS



45

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb extra-lean ground beef
- 2 cups mushrooms fresh sliced
- 0.8 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 tsp oregano leaves dried divided
- 24 oz classico family favorites pasta sauce divided traditional
- 6 oz stove top stuffing mix for chicken
- 2 cups zucchini chopped

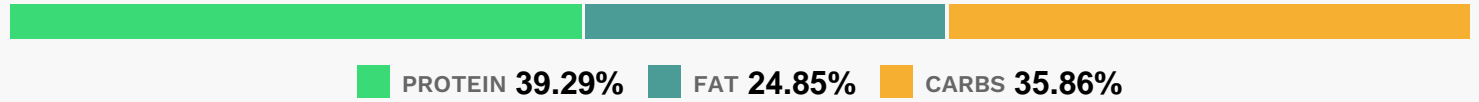
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Mix stuffing mix with half each of the pasta sauce and oregano.
- Add meat; mix well. Pat into 13x9-inch baking dish.
- Mix vegetables and remaining pasta sauce and oregano. Spoon over meat mixture; cover.
- Bake 25 min. Top with cheese.
- Bake, uncovered, 10 min. or until meatloaf is done (160F).

## Nutrition Facts



## Properties

Glycemic Index:2.16, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.3373912864405%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 45.76kcal (2.29%), Fat: 1.26g (1.94%), Saturated Fat: 0.58g (3.59%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.1g (1.22%), Cholesterol: 10.61mg (3.54%), Sodium: 146.98mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Selenium: 5.22µg (7.45%), Vitamin B3: 1.38mg (6.92%), Zinc: 0.93mg (6.21%), Vitamin B12: 0.36µg (5.94%), Phosphorus: 53.87mg (5.39%), Vitamin B6: 0.1mg (4.77%), Vitamin B2: 0.08mg (4.58%), Iron: 0.72mg (4.02%), Potassium: 137.05mg (3.92%), Manganese: 0.06mg (2.8%), Copper: 0.06mg (2.77%), Folate: 10.87µg (2.72%), Vitamin C: 2.14mg (2.59%), Vitamin B1: 0.04mg (2.58%), Calcium: 24.03mg (2.4%), Vitamin B5: 0.24mg (2.36%), Magnesium: 9.13mg (2.28%), Vitamin E: 0.3mg (1.99%), Fiber: 0.48g (1.92%), Vitamin A: 86.91IU (1.74%), Vitamin K: 1.27µg (1.21%)