


HEALTH SCORE 5%

Easy Salsa Meatloaf

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings parsley dried to taste
- 1 eggs lightly beaten
- 3 cloves garlic minced
- 1 pound ground beef
- 0.5 cup seasoned bread crumbs italian
- 0.5 cup salsa
- 6 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

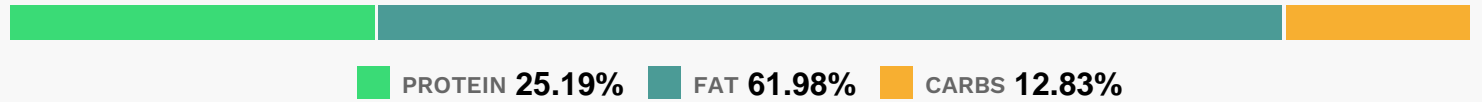
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix the ground sirloin, salsa, bread crumbs, cheese, egg, and garlic. Season with parsley, salt, and pepper.
- Transfer to a 5x9 inch loaf pan.
- Bake 45 minutes in the preheated oven, or to a minimum internal temperature of 160 degrees F (72 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:11.070434782816%

Flavonoids

Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 288.04kcal (14.4%), Fat: 19.62g (30.19%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.48g (1.64%), Cholesterol: 90.47mg (30.16%), Sodium: 592.88mg (25.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.89%), Vitamin B12: 1.82µg (30.3%), Selenium: 19.15µg (27.36%), Zinc: 3.81mg (25.4%), Phosphorus: 204.46mg (20.45%), Vitamin B3: 4.09mg (20.43%), Vitamin B6: 0.34mg (16.89%), Vitamin B2: 0.24mg (14.08%), Iron: 2.24mg (12.46%), Calcium: 112.53mg (11.25%), Vitamin B1: 0.15mg (9.67%), Potassium: 309.23mg (8.84%), Manganese: 0.17mg (8.44%), Vitamin K: 8.5µg (8.1%), Vitamin B5: 0.65mg (6.47%), Magnesium: 24.9mg (6.23%), Folate: 23.71µg (5.93%), Vitamin A: 259.33IU (5.19%), Vitamin E: 0.76mg (5.05%), Copper: 0.1mg (4.92%), Fiber: 0.94g (3.75%), Vitamin D: 0.28µg (1.86%), Vitamin C: 1.27mg (1.55%)