



Everyday Meat Loaf

READY IN

ready

21 min.

SERVINGS

servings

4

CALORIES

calories

325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 pound ground sirloin
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup tomatoes reduced-sodium
- ☐ 2 tablespoons onion grated
- ☐ 0.3 cup panko bread crumbs Japanese breadcrumbs
- ☐ 0.5 cup part-skim mozzarella cheese shredded

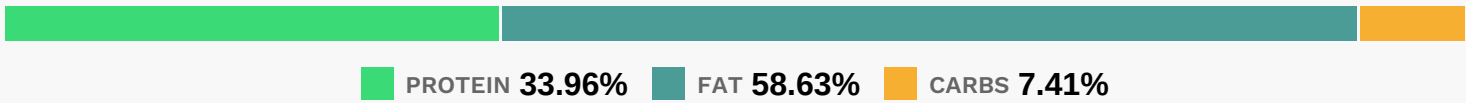
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ broiler
- ☐ microwave

Directions

- ☐ Combine first 8 ingredients (through egg) in a large bowl; stir gently to combine.
- ☐ Spread beef mixture evenly in a 9 1/2-inch microwave-safe loaf dish coated with cooking spray; do not pack beef mixture into dish. Loosely cover with a paper towel. Microwave at HIGH 8 minutes.
- ☐ Preheat broiler.
- ☐ Sprinkle meat loaf with cheese; broil 3 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:14.40739122681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 325.02kcal (16.25%), Fat: 20.78g (31.96%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.45g (1.62%), Cholesterol: 132.57mg (44.19%), Sodium: 603.61mg (26.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.15%), Vitamin B12: 2.7µg (45.07%), Zinc: 5.77mg (38.44%), Selenium: 25.19µg (35.99%), Phosphorus: 299.62mg (29.96%), Vitamin B3: 5.85mg (29.24%), Vitamin B6: 0.46mg (22.9%), Vitamin B2: 0.31mg (18.21%), Iron: 3.18mg (17.68%), Calcium: 149.96mg (15%), Potassium: 447.7mg (12.79%), Vitamin B5: 0.93mg (9.28%), Magnesium: 32.08mg (8.02%), Vitamin B1: 0.11mg

(7.41%), Copper: 0.13mg (6.65%), Manganese: 0.13mg (6.59%), Vitamin E: 0.87mg (5.81%), Folate: 22.34µg (5.59%), Vitamin A: 248.47IU (4.97%), Vitamin C: 2.6mg (3.15%), Fiber: 0.75g (3%), Vitamin K: 3.07µg (2.92%), Vitamin D: 0.41µg (2.7%)