



Favorite Meatloaf

READY IN



90 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 egg whites
- 2 lb extra-lean ground beef
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 large onion finely chopped
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 6 oz stove top stuffing mix for chicken
- 0.8 cup heinz tomato ketchup divided
- 1 cup water

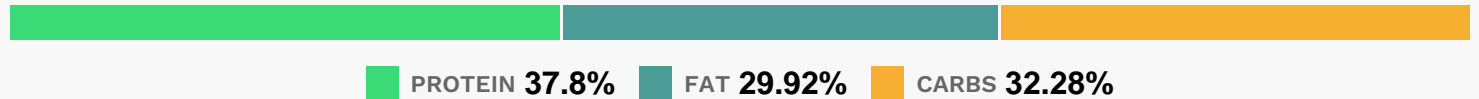
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook onions in dressing in skillet on medium heat 8 to 10 min. or until golden brown, stirring frequently. Cool slightly.
- Heat oven to 375F.
- Mix meat, stuffing mix, water, egg whites, 1/4 cup ketchup and onions just until blended; shape into 10x5-inch loaf in 13x9-inch baking dish sprayed with cooking spray. Cover with remaining ketchup.
- Bake 55 min. to 1 hour or until done (160F).
- Sprinkle with cheese; bake 2 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.4495652719684%

Flavonoids

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: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 84.8kcal (4.24%), Fat: 2.77g (4.27%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.44g (2.34%), Sugar: 2.19g (2.43%), Cholesterol: 20.69mg (6.9%), Sodium: 189.72mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Selenium: 9.02µg (12.89%), Vitamin B12: 0.7µg (11.67%), Zinc: 1.68mg (11.22%), Vitamin B3: 2.09mg (10.43%), Phosphorus: 80.1mg (8.01%), Vitamin B6: 0.15mg (7.26%), Vitamin B2: 0.1mg (5.88%), Iron: 0.98mg (5.43%), Potassium: 149.09mg (4.26%), Vitamin B1: 0.05mg (3.34%), Folate: 13µg (3.25%), Magnesium: 11.11mg (2.78%), Manganese: 0.05mg (2.51%), Calcium: 24.22mg (2.42%),

Vitamin B5: 0.24mg (2.37%), Copper: 0.05mg (2.33%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.5µg (1.42%), Fiber: 0.28g (1.14%), Vitamin A: 50.57IU (1.01%)