



Fiesta Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp chili powder
- 2 eggs beaten
- 0.8 cup cheddar jack cheese shredded mexican style kraft finely
- 2 lb ground beef lean
- 0.5 cup taco bellâ® & chunky salsa thick divided
- 6 oz stove top stuffing mix for chicken
- 1 cup water

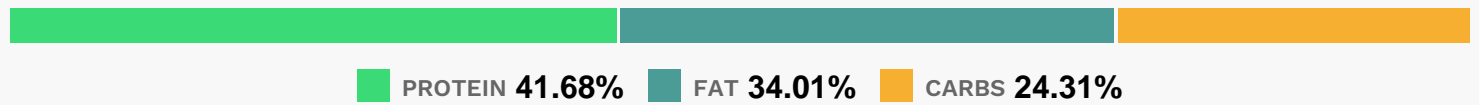
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Mix all ingredients except 1/4 cup salsa and cheese.
- Shape into oval loaf in 13x9-inch baking dish; top with remaining salsa.
- Bake 1 hour or until done (160F). Top with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:17.42739142024%

Nutrients (% of daily need)

Calories: 303kcal (15.15%), Fat: 11.17g (17.18%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 16.76g (6.1%), Sugar: 2.5g (2.78%), Cholesterol: 122.03mg (40.68%), Sodium: 577.63mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.59%), Selenium: 36.6µg (52.28%), Vitamin B12: 2.75µg (45.91%), Zinc: 6.56mg (43.77%), Vitamin B3: 7.73mg (38.65%), Phosphorus: 332.03mg (33.2%), Vitamin B6: 0.55mg (27.28%), Vitamin B2: 0.38mg (22.18%), Iron: 3.9mg (21.69%), Potassium: 523.09mg (14.95%), Vitamin B1: 0.19mg (12.54%), Folate: 49.62µg (12.41%), Calcium: 119.55mg (11.96%), Vitamin B5: 1.06mg (10.64%), Magnesium: 41.37mg (10.34%), Vitamin A: 444.11IU (8.88%), Manganese: 0.17mg (8.58%), Copper: 0.17mg (8.57%), Vitamin E: 1.05mg (6.99%), Fiber: 1.21g (4.83%), Vitamin D: 0.4µg (2.65%), Vitamin K: 2.26µg (2.15%)