



## Garlic Potato-Topped Italian Meatloaf

READY IN



85 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 14 oz pasta sauce
- 1 cup breadcrumbs italian
- 1 cup onion finely chopped
- 2 teaspoons seasoning italian
- 0.5 teaspoon salt
- 2 lb ground beef 90% lean (at least )
- 4.7 oz roasted garlic mashed
- 1 serving potatoes for on potato mix pouch

0.5 cup parmesan cheese grated

## Equipment

bowl

oven

baking pan

kitchen thermometer

glass baking pan

## Directions

Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, beat eggs. Stir in pasta sauce, bread crumbs, onion, Italian seasoning, salt and beef until well blended. Press mixture in bottom of baking dish.

Bake 40 to 50 minutes or until meat thermometer inserted in center reads 160°F.

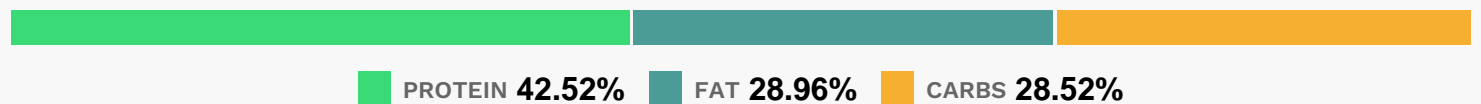
Meanwhile, make potatoes as directed on pouch, using milk, water and butter.

Spread mashed potatoes over meatloaf; sprinkle with cheese.

Bake 10 to 15 minutes longer or until top begins to brown.

Let stand 5 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:23.84, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:20.179999963097%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

## Nutrients (% of daily need)

Calories: 296.87kcal (14.84%), Fat: 9.46g (14.55%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 18.7g (6.8%), Sugar: 3.68g (4.09%), Cholesterol: 116.66mg (38.89%), Sodium: 682.92mg

(29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Vitamin B12: 2.77µg (46.16%), Selenium: 31.48µg (44.98%), Zinc: 6.73mg (44.87%), Vitamin B3: 7.79mg (38.97%), Vitamin B6: 0.77mg (38.47%), Phosphorus: 353.7mg (35.37%), Manganese: 0.53mg (26.33%), Iron: 4.56mg (25.33%), Vitamin B2: 0.37mg (21.62%), Potassium: 695.69mg (19.88%), Vitamin B1: 0.24mg (15.9%), Calcium: 146.1mg (14.61%), Vitamin B5: 1.27mg (12.74%), Copper: 0.25mg (12.51%), Vitamin C: 10.19mg (12.35%), Magnesium: 49.25mg (12.31%), Fiber: 2.26g (9.03%), Folate: 35.63µg (8.91%), Vitamin E: 1.3mg (8.66%), Vitamin A: 338.69IU (6.77%), Vitamin K: 6.23µg (5.94%), Vitamin D: 0.36µg (2.43%)