



Garlic Potato-Topped Italian Meatloaf

READY IN



85 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs italian
- ☐ 2 eggs
- ☐ 2 lb ground beef 90% lean (at least)
- ☐ 2 teaspoons seasoning italian
- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 14 oz pasta sauce
- ☐ 4.7 oz roasted garlic mashed
- ☐ 0.5 teaspoon salt

☐ 8 servings potatoes for on potato mix pouch

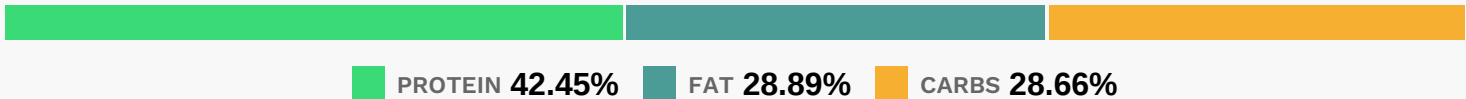
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. 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 160F.
- ☐ 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:2.95, Inflammation Score:-5, Nutrition Score:20.221738908602%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 297.54kcal (14.88%), Fat: 9.46g (14.55%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 18.83g (6.85%), Sugar: 3.69g (4.1%), Cholesterol: 116.66mg (38.89%), Sodium: 682.98mg

(29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.51%), Vitamin B12: 2.77µg (46.16%), Selenium: 31.49µg (44.98%), Zinc: 6.73mg (44.89%), Vitamin B3: 7.8mg (39.02%), Vitamin B6: 0.77mg (38.6%), Phosphorus: 354.2mg (35.42%), Manganese: 0.53mg (26.4%), Iron: 4.57mg (25.37%), Vitamin B2: 0.37mg (21.63%), Potassium: 699.37mg (19.98%), Vitamin B1: 0.24mg (15.95%), Calcium: 146.21mg (14.62%), Vitamin B5: 1.28mg (12.76%), Copper: 0.25mg (12.56%), Vitamin C: 10.36mg (12.55%), Magnesium: 49.45mg (12.36%), Fiber: 2.28g (9.1%), Folate: 35.77µg (8.94%), Vitamin E: 1.3mg (8.66%), Vitamin A: 338.7IU (6.77%), Vitamin K: 6.25µg (5.95%), Vitamin D: 0.36µg (2.43%)