



Gingersnap Meat Loaf

READY IN



75 min.

SERVINGS



10

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup no-salt-added beef broth undiluted canned
- ☐ 0.5 cup breadcrumbs soft
- ☐ 0.5 cup celery finely chopped
- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 cup egg substitute frozen thawed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup gingersnaps finely chopped
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 pounds ground round

- ☐ 1.5 teaspoons mustard prepared
- ☐ 0.3 cup nonfat cream alternative sour
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup skim milk

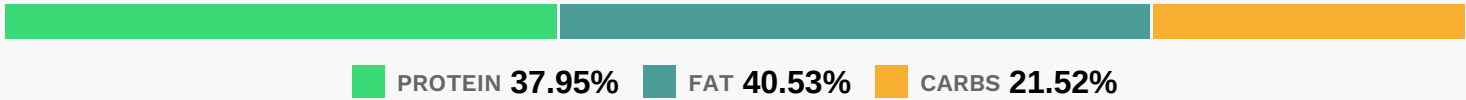
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and celery; saute until tender.
- ☐ Combine sauteed vegetables, ground round, and next 5 ingredients in a large bowl; stir well. Shape mixture into a 9- x 5-inch loaf; place on a rack in a roasting pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 15 minutes.
- ☐ Combine beef broth, flour, salt, and ginger in a small saucepan; stir until smooth. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, until thickened.
- ☐ Remove from heat, and add sour cream, stirring just until blended. Spoon evenly over meat loaf.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:12.607391455899%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 10.41g (16.01%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.77g (4.28%), Sugar: 3.09g (3.43%), Cholesterol: 61.56mg (20.52%), Sodium: 275.68mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.84%), Vitamin B12: 2.24µg (37.31%), Selenium: 23.73µg (33.9%), Zinc: 4.8mg (32.02%), Vitamin B3: 5.41mg (27.06%), Phosphorus: 224mg (22.4%), Vitamin B6: 0.4mg (19.88%), Iron: 3.07mg (17.04%), Vitamin B2: 0.28mg (16.25%), Potassium: 424.89mg (12.14%), Manganese: 0.21mg (10.26%), Vitamin B1: 0.15mg (9.85%), Vitamin B5: 0.9mg (9.03%), Magnesium: 30.59mg (7.65%), Calcium: 70.48mg (7.05%), Folate: 25.34µg (6.33%), Copper: 0.11mg (5.58%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.48µg (3.23%), Fiber: 0.66g (2.66%), Vitamin K: 2.78µg (2.64%), Vitamin A: 102.64IU (2.05%), Vitamin C: 1.57mg (1.91%)