



## Gluten-Free Mashed Potato Stuffed Meatloaf Squares

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb ground beef 80% lean (at least )
- 2 cups rice chex crushed finely
- 8 oz tomato sauce canned
- 1 cup carrots grated
- 0.3 cup parsley fresh chopped
- 0.8 teaspoon salt
- 0.8 teaspoon pepper

- 2 eggs slightly beaten
- 3 cups potatoes prepared mashed
- 0.5 cup catsup

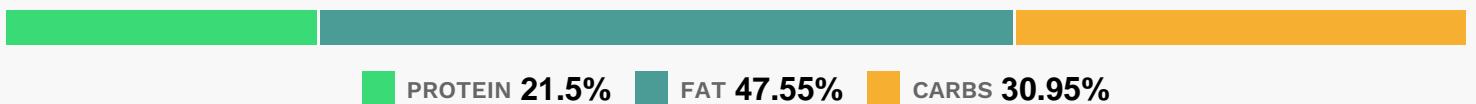
## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

## Directions

- Heat oven to 375°F. Spray 9-inch square pan with cooking spray.
- In large bowl, mix beef, cereal, tomato sauce, carrot, parsley, salt, pepper and eggs just until combined. Press half of beef mixture into pan.
- Spread mashed potatoes on top; cover with remaining beef mixture.
- Spread ketchup on top.
- Bake 50 to 60 minutes or until meat thermometer inserted in center of meat reads 165°F. Cool 15 minutes; cut into 4 squares.

## Nutrition Facts



## Properties

Glycemic Index:59.9, Glycemic Load:22.21, Inflammation Score:-10, Nutrition Score:43.263043507286%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 694.73kcal (34.74%), Fat: 36.83g (56.66%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 48.15g (17.51%), Sugar: 12.35g (13.72%), Cholesterol: 202.61mg (67.54%), Sodium: 1265.01mg (55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.93%), Vitamin A: 6435.25IU (128.7%), Vitamin B12: 4.59µg (76.51%), Vitamin B6: 1.45mg (72.64%), Vitamin K: 75.08µg (71.51%), Zinc: 10.03mg (66.84%), Vitamin B3: 12.72mg (63.61%), Iron: 10.43mg (57.93%), Vitamin C: 46.1mg (55.88%), Selenium: 35.99µg (51.42%), Manganese: 0.94mg (46.93%), Phosphorus: 459.14mg (45.91%), Potassium: 1559.02mg (44.54%), Vitamin B2: 0.73mg (42.84%), Folate: 167.13µg (41.78%), Vitamin B1: 0.44mg (29.15%), Fiber: 5.79g (23.16%), Magnesium: 90.6mg (22.65%), Copper: 0.44mg (22.04%), Vitamin B5: 2.15mg (21.53%), Vitamin E: 2.49mg (16.59%), Calcium: 141.89mg (14.19%), Vitamin D: 1.11µg (7.4%)