



Heavenly Meatloaf with Blue Cheese, Mushrooms, and Spinach

READY IN



60 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese blue crumbled
- 0.5 cup bread crumbs plain
- 0.3 teaspoon cayenne pepper
- 1 pinch basil dried
- 2 eggs
- 1.5 pounds extra-lean ground beef
- 0.5 cup mushrooms fresh sliced
- 1 tablespoon garlic minced

- 8 servings salt and ground pepper black to taste
- 0.3 cup milk 2%
- 1 pinch oregano dried
- 1 cup pkt spinach fresh finely chopped
- 2 tablespoons worcestershire sauce reduced-sodium
- 0.5 small onion yellow finely chopped

Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a loaf pan.
- Mix eggs, spinach, mushrooms, bread crumbs, onion, milk, blue cheese, Worcestershire sauce, garlic, cayenne pepper, oregano, basil, salt, and black pepper together in a large bowl.
- Add ground beef and mix thoroughly with your hands; pack into prepared loaf pan.
- Bake in the preheated oven until no longer pink in the center, 45 to 60 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:13.765652086424%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 193.15kcal (9.66%), Fat: 7.53g (11.58%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.96g (2.53%), Sugar: 1.75g (1.94%), Cholesterol: 98.66mg (32.89%), Sodium: 249.47mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.95%), Vitamin B12: 2.15µg (35.83%), Zinc: 4.86mg (32.37%), Selenium: 21.73µg (31.05%), Vitamin B3: 5.49mg (27.47%), Phosphorus: 245.18mg (24.52%), Vitamin K: 21.51µg (20.49%), Vitamin B6: 0.41mg (20.41%), Vitamin B2: 0.3mg (17.38%), Iron: 3.08mg (17.09%), Potassium: 441.28mg (12.61%), Vitamin B5: 0.99mg (9.9%), Vitamin A: 495.22IU (9.9%), Vitamin B1: 0.13mg (8.35%), Calcium: 82.46mg (8.25%), Manganese: 0.16mg (8.06%), Magnesium: 31.24mg (7.81%), Folate: 29.16µg (7.29%), Copper: 0.13mg (6.74%), Vitamin E: 0.49mg (3.29%), Vitamin C: 2.44mg (2.95%), Fiber: 0.64g (2.55%), Vitamin D: 0.35µg (2.3%)