



WHATSheATE



Herb-and-Veggie Meatloaf



Gluten Free



Dairy Free

READY IN



87 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 pounds extra-lean ground beef
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 0.5 cup regular oats uncooked
- ☐ 1 medium onion chopped

- ☐ 1 cup roasted garlic-and-herb pasta sauce divided
- ☐ 1 teaspoon pepper
- ☐ 8 ounces 0%-less-fat pork sausage fresh
- ☐ 1.3 teaspoons salt
- ☐ 2 teaspoons vegetable oil

Equipment

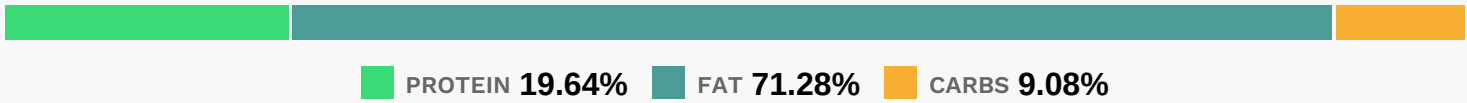
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Saut onion and garlic in hot oil in a large nonstick skillet over medium-high heat 3 minutes.
- ☐ Add carrots, and saut 3 to 4 minutes or until onion is tender; cool slightly.
- ☐ Combine onion mixture, 1/2 cup pasta sauce, beef, and next 7 ingredients in a large bowl until blended. Shape mixture into a 10- x 5-inch loaf.
- ☐ Place on a rack coated with cooking spray; place rack in broiler pan coated with cooking spray.
- ☐ Bake at 350 for 45 minutes.
- ☐ Spread remaining 1/2 cup pasta sauce over loaf, and bake 10 to 15 more minutes or until a thermometer inserted into thickest portion registers 15
- ☐ Cover loosely with aluminum foil, and let stand 10 minutes.
- ☐ Serve with additional pasta sauce, if desired.
- ☐ Note: For testing purposes only, we used Prego Roasted Garlic-and-Herb Pasta Sauce.
- ☐ Herb-and-Veggie Turkey Loaf: Substitute 2 pounds lean ground turkey for beef and pork. Proceed with recipe as directed.

Calories 203 (25% from fat); Fat 6g (sat 5g, mono 1g, poly 6g); Protein 26g; Carb 12g; Fiber 3g; Chol 82mg; Iron 4mg; Sodium 884mg; Calc 83mg.

Nutrition Facts



Properties

Glycemic Index:28.23, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:24.492608692335%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 442.52kcal (22.13%), Fat: 35.03g (53.89%), Saturated Fat: 13.5g (84.37%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.08g (2.57%), Sugar: 2.76g (3.07%), Cholesterol: 102.91mg (34.3%), Sodium: 611.88mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.71g (43.43%), Vitamin A: 7004.83IU (140.1%), Vitamin K: 140.82µg (134.11%), Zinc: 4.97mg (33.16%), Vitamin B12: 1.96µg (32.68%), Selenium: 20.72µg (29.6%), Manganese: 0.58mg (29.06%), Vitamin B3: 5.42mg (27.1%), Vitamin B6: 0.49mg (24.46%), Phosphorus: 238.48mg (23.85%), Iron: 3.61mg (20.04%), Potassium: 617.28mg (17.64%), Folate: 69.84µg (17.46%), Vitamin B2: 0.29mg (17.01%), Magnesium: 62.8mg (15.7%), Vitamin E: 2.26mg (15.06%), Fiber: 2.96g (11.86%), Copper: 0.2mg (9.83%), Vitamin B5: 0.9mg (8.97%), Calcium: 82.23mg (8.22%), Vitamin B1: 0.12mg (8.01%), Vitamin C: 6.18mg (7.49%), Vitamin D: 0.92µg (6.13%)