



Herbed Meat Loaf with Sun-Dried Tomato Gravy

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce bread whole-wheat
- ☐ 2 teaspoons basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 egg whites
- ☐ 2 garlic cloves crushed
- ☐ 1 cup bell pepper green finely chopped
- ☐ 1.8 pounds ultra-lean ground beef
- ☐ 2 tablespoons milk 1% low-fat

- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon pepper
- ☐ 2 ounces sharp provolone cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 8 servings sun-dried tomato gravy
- ☐ 1 cup sun-dried tomatoes packed 24
- ☐ 3 cups water boiling

Equipment

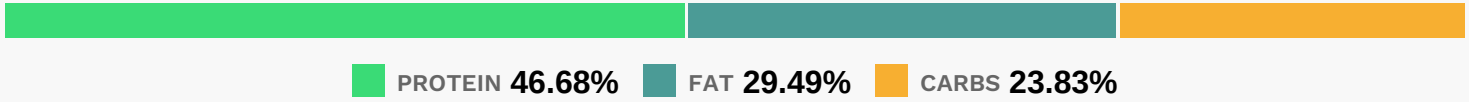
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Combine tomatoes and boiling water in a bowl; cover and let stand 15 minutes or until softened.
- ☐ Drain well, and finely chop; set aside.
- ☐ Coat a medium nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion, bell pepper, and garlic; saut 5 minutes or until tender. Set aside.
- ☐ Place bread in a large bowl.
- ☐ Drizzle milk over bread; toss well to moisten bread.
- ☐ Add tomatoes, onion mixture, cheese, and next 6 ingredients (cheese through egg whites); stir well. Crumble beef over tomato mixture, and stir just until blended.
- ☐ Preheat oven to 35
- ☐ Pack mixture into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 55 minutes or until meat loaf registers 17

- ☐ Let meat loaf stand in pan 10 minutes.
- ☐ Remove meat loaf from pan, and reserve drippings for Sun-dried Tomato Gravy, if desired.
- ☐ Cut loaf into 16 slices.
- ☐ Serve with Sun-dried Tomato Gravy.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:18.756086986998%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 228.98kcal (11.45%), Fat: 7.58g (11.67%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 10.87g (3.95%), Sugar: 7.35g (8.16%), Cholesterol: 66.6mg (22.2%), Sodium: 315.07mg (13.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Vitamin B12: 2.36µg (39.26%), Zinc: 5.74mg (38.24%), Vitamin B3: 7.16mg (35.78%), Selenium: 21.94µg (31.35%), Phosphorus: 305.93mg (30.59%), Potassium: 960.59mg (27.45%), Vitamin C: 22.52mg (27.29%), Vitamin B6: 0.53mg (26.59%), Iron: 4.41mg (24.5%), Manganese: 0.46mg (23.07%), Vitamin B2: 0.32mg (18.72%), Copper: 0.34mg (17.1%), Magnesium: 63.12mg (15.78%), Vitamin K: 15.77µg (15.02%), Fiber: 2.92g (11.66%), Calcium: 110.87mg (11.09%), Vitamin B5: 1.09mg (10.91%), Vitamin B1: 0.16mg (10.63%), Folate: 26.35µg (6.59%), Vitamin A: 277.94IU (5.56%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.18µg (1.17%)