



# Hidden Veggie Meatloaf

 **Gluten Free**

READY IN

ready

115 min.

SERVINGS

servings

6

CALORIES

calories

249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup celery finely chopped
- ☐ 1 tablespoon parsley dried
- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.7 pound pd of ground turkey
- ☐ 0.5 cup catsup

- ☐ 1 pound ground beef lean
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.5 cup onion finely chopped
- ☐ 0.8 cup regular rolled oats
- ☐ 0.7 teaspoon salt
- ☐ 0.5 cup skim milk

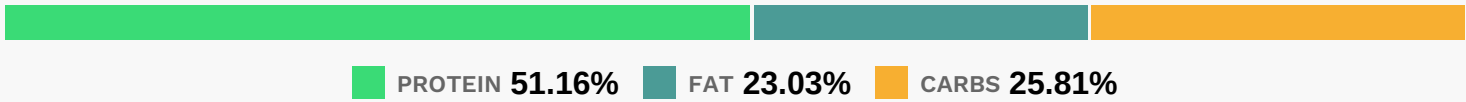
## Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Combine ground beef, ground turkey, egg, celery, rolled oats, skim milk, ketchup, onion, green pepper, parsley, dry mustard, salt, minced garlic, and black pepper in a bowl until thoroughly combined; mixture will be moist.
- ☐ Transfer mixture into a 5x9-inch loaf pan.
- ☐ Bake in the preheated oven until an instant-read meat thermometer inserted into the center of the meatloaf reads at least 160 degrees F (70 degrees C), about 1 1/2 hours. Meatloaf may still look pink inside due to ketchup.

## Nutrition Facts



## Properties

Glycemic Index:34.04, Glycemic Load:3.08, Inflammation Score:-5, Nutrition Score:18.674347960431%

## Flavonoids

Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 249.1kcal (12.45%), Fat: 6.36g (9.78%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 14.14g (5.14%), Sugar: 6.5g (7.22%), Cholesterol: 102.48mg (34.16%), Sodium: 547.41mg (23.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.57%), Vitamin B3: 9.64mg (48.22%), Selenium: 30.92µg (44.18%), Vitamin B6: 0.86mg (42.77%), Zinc: 5.42mg (36.16%), Phosphorus: 361.45mg (36.15%), Vitamin B12: 2.13µg (35.57%), Manganese: 0.51mg (25.66%), Potassium: 636.05mg (18.17%), Vitamin B2: 0.31mg (18.09%), Iron: 3.04mg (16.88%), Vitamin C: 12.7mg (15.39%), Magnesium: 58.05mg (14.51%), Vitamin B5: 1.31mg (13.07%), Vitamin K: 10.55µg (10.05%), Vitamin B1: 0.15mg (9.69%), Copper: 0.18mg (8.77%), Fiber: 1.9g (7.6%), Folate: 26.21µg (6.55%), Calcium: 63.04mg (6.3%), Vitamin A: 306.85IU (6.14%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.65µg (4.32%)