



Individual Meat Loaves

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon breadcrumbs soft
- 0.3 cup egg substitute frozen thawed
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon garlic powder
- 5 ounces ground round
- 4 ounces ground veal
- 1.5 teaspoons catsup
- 2 tablespoons catsup

- 2 tablespoons onion chopped
- 1 Dash salt
- 0.3 teaspoon worcestershire sauce low-sodium

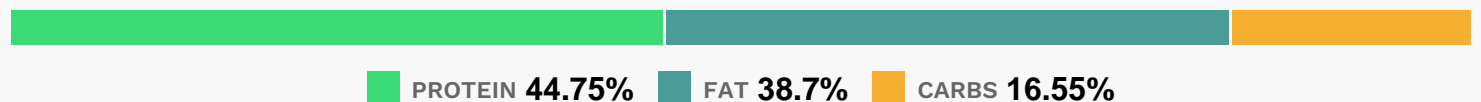
Equipment

- bowl
- oven
- roasting pan

Directions

- Combine first 10 ingredients in a medium bowl, stirring well. Shape mixture into 2 (5 1/2-inch) loaves.
- Place loaves on a rack in a roasting pan coated with cooking spray.
- Spread 1 tablespoon ketchup over each loaf.
- Bake at 350 for 1 hour.
- Remove from oven; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:17.583912859792%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 266.01kcal (13.3%), Fat: 11.24g (17.29%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.26g (3.73%), Sugar: 5.43g (6.03%), Cholesterol: 92.56mg (30.85%), Sodium: 390.51mg (16.98%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 29.24g (58.48%), Selenium: 30.28µg (43.26%), Vitamin B3: 8.53mg (42.68%), Vitamin B12: 2.45µg (40.76%), Zinc: 5.58mg (37.2%), Vitamin K: 34.37µg (32.73%), Vitamin B6: 0.59mg (29.48%), Phosphorus: 286.29mg (28.63%), Vitamin B2: 0.44mg (25.7%), Iron: 3.17mg (17.59%), Vitamin B5: 1.72mg (17.22%), Potassium: 568.65mg (16.25%), Vitamin B1: 0.17mg (11.33%), Magnesium: 39.26mg (9.81%), Copper: 0.16mg (7.93%), Vitamin E: 1.15mg (7.66%), Folate: 28.64µg (7.16%), Vitamin A: 332.96IU (6.66%), Calcium: 57.04mg (5.7%), Manganese: 0.11mg (5.45%), Vitamin C: 4.42mg (5.36%), Vitamin D: 0.55µg (3.67%), Fiber: 0.55g (2.2%)