



Individual Salsa Meat Loaves



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large egg whites
- ☐ 0.3 cup catsup divided
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup oats
- ☐ 0.5 cup salsa divided

Equipment

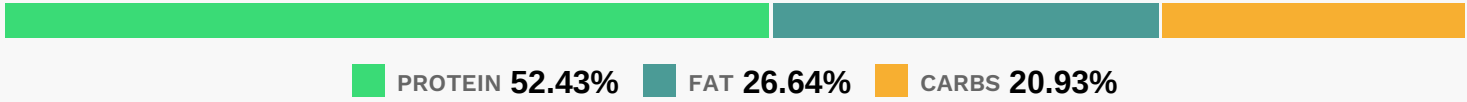
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine egg whites in a large bowl, stirring well with a whisk. Stir in oats, 1/2 cup salsa, and 2 tablespoons ketchup.
- ☐ Add beef; mix well. Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf. Coat a foil-lined rimmed baking sheet with cooking spray.
- ☐ Place loaves on prepared pan.
- ☐ Bake at 350 for 30 minutes or until done.
- ☐ Combine remaining 2 tablespoons salsa and remaining 2 tablespoons ketchup in a small bowl; spread mixture evenly over loaves.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:2.58, Inflammation Score:-4, Nutrition Score:14.759130540101%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 213.58kcal (10.68%), Fat: 6.24g (9.6%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 9.76g (3.55%), Sugar: 4.65g (5.16%), Cholesterol: 70.31mg (23.44%), Sodium: 451.69mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.25%), Vitamin B12: 2.56µg (42.58%), Zinc: 6.08mg (40.56%), Selenium: 25.73µg (36.75%), Vitamin B3: 6.88mg (34.41%), Phosphorus: 272.25mg (27.22%), Vitamin B6: 0.53mg (26.65%), Iron: 3.21mg (17.86%), Manganese: 0.36mg (17.76%), Vitamin B2: 0.3mg (17.55%), Potassium: 569.44mg (16.27%), Magnesium: 51.83mg (12.96%), Vitamin B5: 0.88mg (8.8%), Copper: 0.15mg (7.5%), Vitamin E: 0.98mg (6.54%), Vitamin B1: 0.1mg (6.44%), Fiber: 1.27g (5.06%), Vitamin A: 232.95IU (4.66%), Folate: 11.14µg (2.79%), Calcium: 25.89mg (2.59%), Vitamin K: 2.37µg (2.26%), Vitamin C: 1.23mg (1.49%)