



Italian Cheese-Stuffed Meat Loaf

READY IN



100 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups breadcrumbs french soft
- 2 eggs
- 0.3 cup basil dried fresh chopped
- 4 cloves garlic minced
- 1.5 lb ground beef 80% lean (at least)
- 0.3 cup olives ripe chopped
- 2 oz parmesan shredded
- 0.3 teaspoon pepper
- 8 oz tomato sauce canned

- 6 oz provolone cheese shredded
- 7.3 oz roasted peppers red drained chopped
- 0.5 teaspoon salt

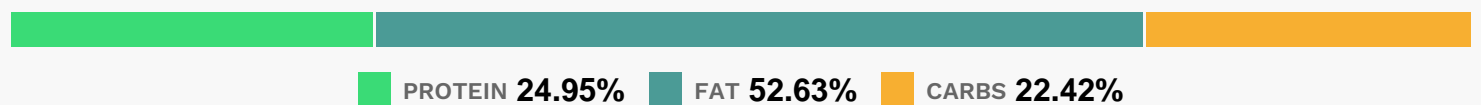
Equipment

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

Directions

- Heat oven to 375°F. Line 15x10x1-inch pan with foil; spray foil with cooking spray. In large bowl, beat eggs. Stir in ground beef, bread crumbs, Parmesan cheese, basil, salt, pepper, garlic and 1/2 cup of the pizza sauce until well combined.
- On large sheet of foil, shape beef mixture into 12x10-inch rectangle. Top evenly with provolone cheese, roasted peppers and olives to within 1/2 inch of edges. Starting with one 10-inch side, roll up; press seam to seal.
- Place seam side down in pan.
- Bake 40 minutes.
- Remove from oven; spoon remaining pizza sauce over loaf. Insert meat thermometer so bulb reaches center of loaf.
- Return to oven; bake 15 to 20 minutes longer or until loaf is thoroughly cooked in center and thermometer reads 160°F.
- Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:29.793913198554%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 477.98kcal (23.9%), Fat: 28.09g (43.22%), Saturated Fat: 12.26g (76.65%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 22.01g (8%), Sugar: 3.06g (3.4%), Cholesterol: 120.79mg (40.26%), Sodium: 1241.5mg (53.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.92%), Vitamin K: 131.67µg (125.4%), Iron: 10.49mg (58.25%), Manganese: 1.09mg (54.63%), Calcium: 500.92mg (50.09%), Selenium: 28.34µg (40.48%), Vitamin B12: 2.41µg (40.13%), Phosphorus: 390.97mg (39.1%), Zinc: 5.62mg (37.49%), Vitamin B3: 6.25mg (31.26%), Vitamin B2: 0.49mg (29.04%), Vitamin B6: 0.54mg (27.04%), Magnesium: 97.06mg (24.26%), Vitamin B1: 0.33mg (22.13%), Fiber: 4.92g (19.69%), Potassium: 658.39mg (18.81%), Copper: 0.37mg (18.41%), Folate: 72.4µg (18.1%), Vitamin C: 14.46mg (17.53%), Vitamin E: 1.91mg (12.75%), Vitamin A: 630.27IU (12.61%), Vitamin B5: 1.05mg (10.48%), Vitamin D: 0.45µg (2.98%)