



Italian Meat Loaf

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs dry
- ☐ 2 large eggs
- ☐ 1 clove garlic chopped
- ☐ 1 pound ground beef
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 pinch penzey's southwest seasoning italian to taste
- ☐ 1 cup parmesan cheese grated
- ☐ 1 tablespoon worcestershire sauce

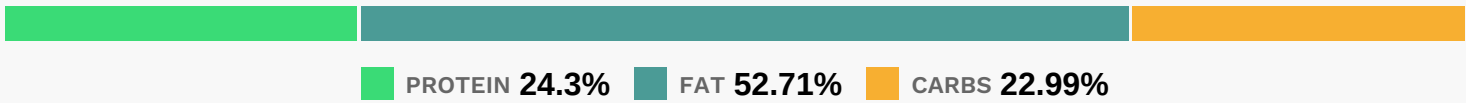
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Combine beef, bread crumbs, Parmesan cheese, eggs, Worcestershire sauce, garlic, and Italian seasoning in a large bowl. Season with salt and black pepper.
- ☐ Transfer mixture to a 9x5-inch loaf pan.
- ☐ Bake in the preheated oven until no longer pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:22.228695524775%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 593.71kcal (29.69%), Fat: 34.21g (52.63%), Saturated Fat: 13.85g (86.55%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 31.7g (11.53%), Sugar: 3.06g (3.39%), Cholesterol: 195.26mg (65.09%), Sodium: 900.84mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Selenium: 43.77µg (62.53%), Vitamin B12: 3.13µg (52.14%), Phosphorus: 457.89mg (45.79%), Zinc: 6.75mg (45.01%), Vitamin B3: 7.56mg (37.78%), Calcium: 336.27mg (33.63%), Vitamin B2: 0.54mg (31.66%), Vitamin B1: 0.46mg (30.78%), Iron: 4.96mg (27.57%), Vitamin B6: 0.49mg (24.39%), Manganese: 0.44mg (21.92%), Folate: 64.96µg (16.24%), Potassium: 504.71mg (14.42%), Vitamin B5: 1.26mg (12.63%), Magnesium: 49.42mg (12.36%), Copper: 0.21mg (10.63%), Fiber: 1.87g (7.5%), Vitamin A: 355.65IU (7.11%), Vitamin E: 0.9mg (5.98%), Vitamin K: 5.59µg (5.32%),

Vitamin D: 0.74µg (4.92%)