



 **8%**  
HEALTH SCORE

## Italian Meat Loaf

READY IN



50 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounces tomato sauce divided canned
- 0.5 cup breadcrumbs dry
- 1 eggs beaten
- 0.5 cup bell pepper green finely chopped
- 1.5 pounds ground beef
- 0.5 cup onion finely chopped
- 1 teaspoon oregano dried divided
- 2 tablespoons parmesan cheese grated
- 0.5 cup part-skim mozzarella cheese shredded

- 0.1 teaspoon pepper
- 1 teaspoon salt

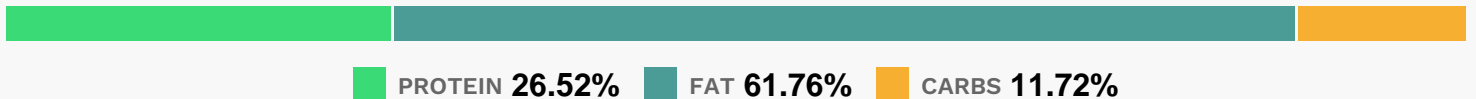
## Equipment

- bowl
- loaf pan
- aluminum foil
- microwave

## Directions

- In a bowl, combine the egg, half of the tomato sauce, bread crumbs, onion and green pepper if desired, 1/2 teaspoon of oregano, salt and pepper.
- Add beef; mix well.
- On a large piece of heavy-duty foil, pat meat mixture into a 14-in. x 8-in. rectangle.
- Sprinkle cheeses to within 1/2 in. of edges.
- Roll up, jelly-roll style, starting with a short side and peeling foil away while rolling. Seal seam and ends.
- Transfer to a microwave-safe glass 9-in. x 5-in. loaf pan.
- Microwave, uncovered, at 50% power for 9 minutes, rotating a half turn once; drain. Continue cooking on 50% power for 14-16 minutes or until meat is no longer pink, rotating a half turn once. In a bowl, combine the remaining tomato sauce and oregano.
- Pour over meat loaf. Microwave, uncovered, on high for 1-1/2 minutes. Cover loosely with foil; let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.83, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:15.675217504087%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## **Nutrients (% of daily need)**

Calories: 382.67kcal (19.13%), Fat: 25.97g (39.95%), Saturated Fat: 10.28g (64.22%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.52g (3.46%), Sugar: 2.91g (3.24%), Cholesterol: 115.22mg (38.41%), Sodium: 806.96mg (35.09%), Alcohol: 0g (100%), Protein: 25.09g (50.19%), Vitamin B12: 2.62µg (43.71%), Zinc: 5.43mg (36.18%), Selenium: 23.77µg (33.95%), Vitamin B3: 5.87mg (29.36%), Phosphorus: 279.43mg (27.94%), Vitamin B6: 0.48mg (24.1%), Iron: 3.35mg (18.63%), Vitamin B2: 0.31mg (17.95%), Vitamin C: 13.62mg (16.51%), Calcium: 144.06mg (14.41%), Potassium: 503.14mg (14.38%), Vitamin B1: 0.16mg (10.92%), Manganese: 0.19mg (9.71%), Magnesium: 35.98mg (9%), Vitamin B5: 0.89mg (8.93%), Vitamin E: 1.22mg (8.17%), Copper: 0.16mg (8.01%), Folate: 29.93µg (7.48%), Vitamin K: 7.01µg (6.67%), Vitamin A: 314.69IU (6.29%), Fiber: 1.56g (6.25%), Vitamin D: 0.3µg (1.98%)