



Italian Meatloaf

READY IN



95 min.

SERVINGS



35

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz tomato sauce divided canned
- 0.8 cup celery finely chopped
- 1 cup bread crumbs dry
- 1 eggs beaten
- 2 Tbsp parsley fresh chopped
- 2 lb ground beef
- 0.3 cup milk
- 0.7 oz env. seasons dressing mix italian good

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Mix bread crumbs and milk in large bowl.
- Add meat, half the tomato sauce and remaining ingredients; mix just until blended.
- Shape meat mixture into oval loaf in shallow pan sprayed with cooking spray.
- Bake 1 hour. Spoon remaining tomato sauce over meatloaf; bake 20 min. or until meatloaf is done (160F).

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.3526087105274%

Flavonoids

Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.38kcal (4.22%), Fat: 5.55g (8.53%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.54g (0.6%), Cholesterol: 23.29mg (7.76%), Sodium: 117.49mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin B12: 0.59µg (9.77%), Zinc: 1.17mg (7.81%), Selenium: 5.13µg (7.33%), Vitamin B3: 1.38mg (6.89%), Phosphorus: 52.69mg (5.27%), Vitamin B6: 0.1mg (4.94%), Vitamin K: 5.06µg (4.82%), Iron: 0.75mg (4.19%), Vitamin B2: 0.06mg (3.8%), Potassium: 106.46mg (3.04%), Vitamin B1: 0.04mg (2.98%), Manganese: 0.04mg (2.04%), Vitamin B5: 0.2mg (1.99%), Folate: 7.4µg (1.85%), Magnesium: 7.41mg (1.85%), Copper: 0.03mg (1.66%), Calcium: 15.23mg (1.52%), Vitamin E: 0.22mg (1.49%), Vitamin

A: 65.68IU (1.31%), Fiber: 0.28g (1.11%)