



Italian Meatloaf

READY IN



80 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs italian
- ☐ 2 eggs
- ☐ 1 lb ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 14 oz pasta sauce
- ☐ 0.1 teaspoon pepper

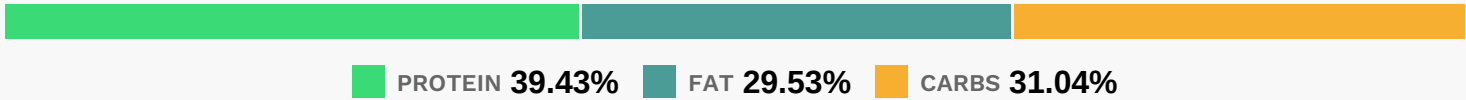
Equipment

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

Directions

- ☐ Heat oven to 350F. In large bowl, combine all ingredients except pasta sauce; mix well.
- ☐ Add 1 cup pasta sauce; mix well. Press mixture into ungreased 8x4-inch loaf pan.
- ☐ Bake at 350F. for 40 minutes.
- ☐ Pour remaining pasta sauce over meatloaf.
- ☐ Bake an additional 15 to 20 minutes or until thoroughly cooked in center and meat thermometer registers 160F.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:14.890869472338%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 231.83kcal (11.59%), Fat: 7.5g (11.54%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 15.81g (5.75%), Sugar: 3.81g (4.23%), Cholesterol: 105.06mg (35.02%), Sodium: 589.22mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Selenium: 24.08µg (34.4%), Vitamin B12: 1.94µg (32.39%), Zinc: 4.64mg (30.91%), Vitamin B3: 6.03mg (30.13%), Phosphorus: 254.7mg (25.47%), Vitamin B6: 0.42mg (20.97%), Iron: 3.6mg (19.98%), Vitamin B2: 0.32mg (18.85%), Vitamin B1: 0.23mg (15.4%), Potassium: 531.51mg (15.19%), Manganese: 0.27mg (13.27%), Vitamin B5: 1.04mg (10.36%), Copper: 0.2mg (9.78%), Calcium: 95.77mg (9.58%), Magnesium: 38.25mg (9.56%), Folate: 37.41µg (9.35%), Vitamin E: 1.36mg (9.04%), Vitamin A: 402.03IU (8.04%), Fiber: 1.93g (7.7%), Vitamin C: 5.12mg (6.21%), Vitamin K: 3.48µg (3.31%), Vitamin D: 0.39µg

(2.6%)