



Italian-Style Meat Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon basil dried
- 2 large egg whites
- 0.3 cup parsley fresh chopped
- 1 teaspoon garlic powder
- 0.5 cup seasoned bread crumbs
- 1.5 pounds ground beef 92% lean
- 0.5 cup onion finely chopped
- 0.5 teaspoon oregano dried

- 2 ounces parmesan fresh
- 0.5 teaspoon salt
- 1 cup tomato basil sauce fat-free divided

Equipment

- bowl
- oven
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 35
- Combine beef, 1/2 cup pasta sauce, and remaining ingredients except cooking spray in a large bowl. Shape beef mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray.
- Brush remaining 1/2 cup pasta sauce over top of meat loaf.
- Bake at 350 for 1 hour and 10 minutes or until a thermometer registers 16
- Let stand 10 minutes.
- Cut loaf into 12 slices.
- Wine Note: Anything Italian-style seems like a candidate for Chianti, but with a humble meat loaf like this, I like something more full-bodied. A California syrah has enough concentration to mirror the density of the ground beef, and it makes the meat loaf seem just a bit grander. Try Arrowood's Grand Archer 2001 Syrah from Sonoma County, California (about \$20). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:18.593913010929%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 260.45kcal (13.02%), Fat: 9.23g (14.21%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.77g (3.55%), Sugar: 2.84g (3.16%), Cholesterol: 76.83mg (25.61%), Sodium: 653.03mg (28.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.95%), Vitamin K: 62.42µg (59.45%), Vitamin B12: 2.7µg (44.97%), Zinc: 6.26mg (41.76%), Selenium: 26.73µg (38.19%), Vitamin B3: 6.96mg (34.8%), Phosphorus: 317.94mg (31.79%), Vitamin B6: 0.5mg (25.06%), Iron: 3.81mg (21.15%), Vitamin B2: 0.31mg (18.43%), Calcium: 160.81mg (16.08%), Potassium: 558.09mg (15.95%), Vitamin B1: 0.16mg (10.56%), Vitamin A: 503.08IU (10.06%), Magnesium: 39.49mg (9.87%), Vitamin B5: 0.89mg (8.91%), Manganese: 0.17mg (8.39%), Vitamin C: 6.7mg (8.12%), Folate: 27.17µg (6.79%), Copper: 0.13mg (6.71%), Fiber: 1.66g (6.65%), Vitamin E: 0.44mg (2.9%), Vitamin D: 0.16µg (1.07%)