



Italian Style Meatloaf

READY IN



45 min.

SERVINGS



10

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bread dry
- 4 eggland's best eggs hard cooked
- 4 eggland's best eggs lightly beaten
- 0.3 teaspoon garlic powder
- 1 pound ground beef lean
- 0.8 cup parmesan cheese grated
- 1 teaspoon parsley finely chopped
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

0.3 cup vegetable oil

Equipment

bowl

oven

loaf pan

glass baking pan

Directions

Combine all ingredients (except hard cooked eggs) in a large bowl. Grease a loaf pan or glass baking dish. Arrange half the meat mixture into an oblong or oval shape in the pan. Arrange hard cooked eggs lengthwise down the center. Oil your hands and cover eggs completely with remaining meat. Smooth meat with hands to form shape.

Bake at 375 degrees F for 1 hour until top is browned. Ready in 1 hour 5 minutes, recipe by Eggland's Best Nutritional Information1 Serving: Calories 279; Fat 20g (5% calories from fat); Protein 16g; Carbohydrate 6g; Dietary Fiber trace; Cholesterol 179mg; Sodium301mg.

Nutrition Facts


■ PROTEIN 33.19% ■ FAT 55.9% ■ CARBS 10.91%

Properties

Glycemic Index:15.47, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:10.751304249725%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 221.25kcal (11.06%), Fat: 13.51g (20.79%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.45g (1.98%), Sugar: 0.83g (0.93%), Cholesterol: 164.17mg (54.72%), Sodium: 311.25mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Selenium: 23.64µg (33.76%), Vitamin B12: 1.42µg (23.66%), Phosphorus: 226.48mg (22.65%), Zinc: 3.09mg (20.6%), Vitamin B2: 0.29mg (16.9%), Vitamin B3: 3.17mg (15.83%), Vitamin B6: 0.26mg (12.92%), Calcium: 127.15mg (12.71%), Iron: 2.18mg (12.09%), Vitamin K: 11.27µg (10.73%), Vitamin B5: 0.96mg (9.59%), Manganese: 0.16mg (8.15%), Folate: 28.92µg (7.23%), Potassium: 230.5mg (6.59%), Vitamin E: 0.98mg (6.55%), Magnesium: 22.33mg (5.58%), Vitamin B1: 0.08mg (5.47%), Vitamin D: 0.79µg (5.25%), Vitamin A: 250.27IU (5.01%), Copper: 0.08mg (4.05%), Fiber: 0.48g (1.92%)