



Italian-Style Meatloaf

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice white cooked
- 1 large eggs
- 0.3 teaspoon fennel seeds
- 0.3 cup parsley fresh finely chopped
- 2 cloves garlic finely chopped
- 1 pound ground beef
- 1 small onion finely chopped
- 1 teaspoon salt

1 cup tomato sauce

Equipment

bowl

baking sheet

oven

kitchen thermometer

aluminum foil

Directions

Preheat oven to 350F. Line a baking sheet with heavy-duty aluminum foil.

In a large bowl, combine ground chuck, onion, garlic, tomato sauce, parsley, egg, salt, fennel seeds and rice.

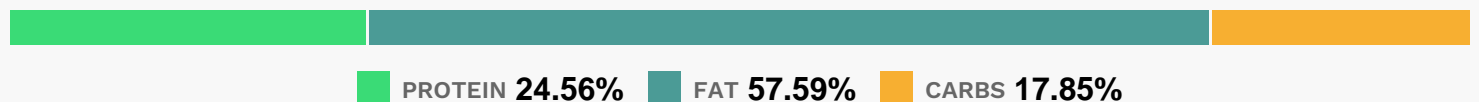
Mix with your fingers until well combined (but do not overmix).

Pat mixture into an 8-by-4-inch loaf and place on baking sheet.

Bake until an instant-read thermometer inserted into center registers 160F and meat is no longer pink, about 1 hour and 15 minutes.

Let stand 10 minutes on baking sheet before slicing.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:9.03, Inflammation Score:-4, Nutrition Score:12.115217442098%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 255.32kcal (12.77%), Fat: 16.16g (24.86%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.22g (3.71%), Sugar: 2.02g (2.25%), Cholesterol: 84.68mg (28.23%), Sodium: 645.99mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin K: 43.59µg (41.52%), Vitamin B12: 1.69µg (28.2%), Zinc: 3.55mg (23.66%), Selenium: 16.32µg (23.32%), Vitamin B3: 3.77mg (18.85%), Vitamin B6: 0.35mg (17.59%), Phosphorus: 165.06mg (16.51%), Iron: 2.27mg (12.62%), Vitamin B2: 0.19mg (11%), Manganese: 0.22mg (11%), Potassium: 382.49mg (10.93%), Vitamin C: 7.38mg (8.94%), Vitamin A: 432.84IU (8.66%), Vitamin B5: 0.77mg (7.66%), Vitamin E: 1.02mg (6.79%), Magnesium: 26.13mg (6.53%), Copper: 0.13mg (6.48%), Folate: 19.72µg (4.93%), Fiber: 1.05g (4.21%), Vitamin B1: 0.06mg (4.05%), Calcium: 35.8mg (3.58%), Vitamin D: 0.24µg (1.62%)