



WHATSheATE



Italian Style Meatloaf II



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs fresh
- ☐ 1 carrots grated
- ☐ 2 eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 pounds ground beef
- ☐ 0.5 cup catsup
- ☐ 0.5 onion chopped

- ☐ 1 cup tomato sauce
- ☐ 1 teaspoon sugar white

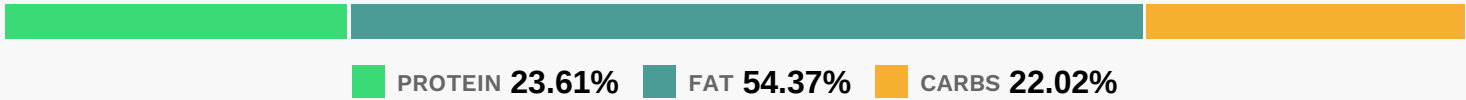
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium saucepan over medium high heat, saute the carrot and onion for 2 minutes, or until onion is transparent.
- ☐ Add garlic and saute for 2 more minutes.
- ☐ Remove from heat and let cool.
- ☐ In a large bowl, combine the parsley, beef, ketchup, 1/2 cup tomato sauce, bread and eggs, mixing well.
- ☐ Add the carrot/onion mixture and continue mixing, but do not over mix, as this will make the meatloaf dry.
- ☐ Transfer mixture to a 9x13 baking dish and form into a loaf.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 to 45 minutes.
- ☐ While loaf is baking, heat the remaining tomato sauce and sugar in a medium saucepan over medium low heat.
- ☐ Pour over loaf when done.

Nutrition Facts



Properties

Glycemic Index:50.18, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:32.692608771117%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 666.43kcal (33.32%), Fat: 39.95g (61.45%), Saturated Fat: 14.9g (93.15%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.38g (12.14%), Sugar: 10.84g (12.04%), Cholesterol: 194.29mg (64.76%), Sodium: 846.09mg (36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.02g (78.04%), Vitamin K: 107.62µg (102.5%), Vitamin B12: 4.15µg (69.21%), Vitamin A: 2974.23IU (59.48%), Selenium: 41.49µg (59.28%), Zinc: 8.56mg (57.04%), Vitamin B3: 10.88mg (54.4%), Phosphorus: 407.22mg (40.72%), Vitamin B6: 0.79mg (39.57%), Iron: 6.4mg (35.55%), Vitamin B2: 0.57mg (33.45%), Vitamin B1: 0.43mg (28.9%), Potassium: 883.81mg (25.25%), Manganese: 0.46mg (22.92%), Folate: 75.77µg (18.94%), Vitamin C: 14.3mg (17.34%), Vitamin B5: 1.6mg (16%), Magnesium: 63.22mg (15.81%), Copper: 0.31mg (15.25%), Vitamin E: 2.14mg (14.26%), Calcium: 129.28mg (12.93%), Fiber: 3.02g (12.07%), Vitamin D: 0.53µg (3.56%)