



Jerk Meat Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme leaves dried
- 0.3 cup egg substitute
- 0.3 cup milk fat-free
- 0.5 cup green onions finely chopped
- 0.5 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.5 teaspoon coarsely ground pepper black
- 1 pound ground round

- 2 jalapeño peppers seeded finely chopped
- 0.3 cup catsup low-carb reduced-calorie
- 0.5 teaspoon salt
- 2 tablespoons vinegar white
- 1 cup breadcrumbs whole wheat

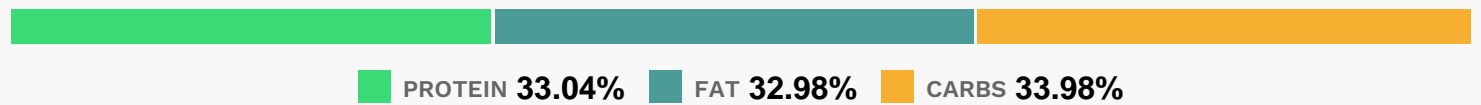
Equipment

- bowl
- oven
- broiler pan

Directions

- Preheat oven to 350
- Combine all ingredients except cooking spray in a medium bowl. Shape mixture into an 8 x 4-inch loaf; place on a broiler pan coated with cooking spray.
- Bake at 350 for 1 hour.
- Cut into 6 slices.
- carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:11.481304313826%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 212.94kcal (10.65%), Fat: 8.26g (12.71%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 16.8g (6.11%), Sugar: 3.85g (4.28%), Cholesterol: 49.45mg (16.48%), Sodium: 456.31mg (19.84%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.61g (37.23%), Vitamin B12: 1.76µg (29.4%), Zinc: 3.84mg (25.59%), Selenium: 17.07µg (24.39%), Vitamin K: 22.18µg (21.13%), Vitamin B3: 4.12mg (20.61%), Iron: 3.56mg (19.8%), Vitamin B6: 0.34mg (17.03%), Phosphorus: 165.24mg (16.52%), Vitamin C: 11.31mg (13.71%), Vitamin B2: 0.2mg (11.62%), Potassium: 349.48mg (9.99%), Fiber: 2.35g (9.38%), Vitamin B5: 0.68mg (6.8%), Magnesium: 22.55mg (5.64%), Vitamin E: 0.77mg (5.17%), Vitamin A: 236.33IU (4.73%), Calcium: 43.83mg (4.38%), Manganese: 0.09mg (4.37%), Copper: 0.08mg (4%), Vitamin B1: 0.06mg (3.89%), Folate: 14.41µg (3.6%), Vitamin D: 0.35µg (2.32%)