



KRAFT Parmesan Meatloaf

READY IN



60 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs dry
- 1 eggs lightly beaten
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 lb ground beef lean
- 0.3 cup onions finely chopped
- 0.3 cup parmesan cheese divided grated kraft
- 0.5 cup classico family favorites pasta sauce divided traditional

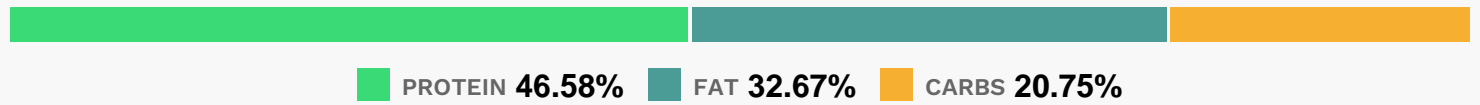
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Reserve 1/4 cup each pasta sauce and cheese.
- Mix remaining ingredients just until blended.
- Shape meat mixture into loaf in 12x8-inch baking dish; top with remaining pasta sauce and cheese.
- Bake 40 to 45 min. or until done (160F).

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:16.572173719821%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 262.67kcal (13.13%), Fat: 9.29g (14.3%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 11.95g (4.35%), Sugar: 2.41g (2.67%), Cholesterol: 116.66mg (38.89%), Sodium: 444.28mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.63%), Vitamin B12: 2.77µg (46.16%), Zinc: 6.47mg (43.14%), Selenium: 28.94µg (41.35%), Vitamin B3: 7.46mg (37.32%), Phosphorus: 319.71mg (31.97%), Vitamin B6: 0.53mg (26.45%), Iron: 3.97mg (22.05%), Vitamin B2: 0.33mg (19.56%), Potassium: 553.89mg (15.83%), Vitamin B1: 0.2mg (13.03%), Vitamin B5: 1.1mg (11%), Calcium: 106.5mg (10.65%), Magnesium: 40.46mg (10.12%), Manganese: 0.2mg (10.03%), Copper: 0.17mg (8.64%), Folate: 30.85µg (7.71%), Vitamin E: 0.96mg (6.4%), Fiber: 1.33g (5.33%), Vitamin A: 250.1IU (5%), Vitamin C: 2.89mg (3.5%), Vitamin K: 3.67µg (3.49%), Vitamin D: 0.36µg (2.43%)