



Linda's Spicy Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

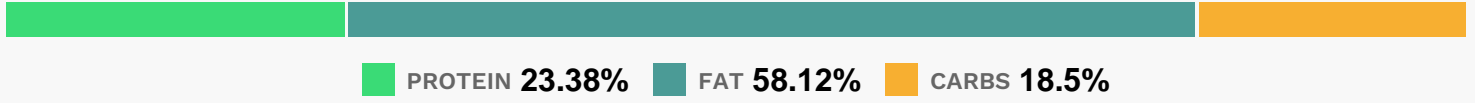
DINNER

Ingredients

- 1 slice bread crumbled
- 0.3 cup chicken wings buffalo style
- 2 lbs ground beef
- 0.3 cup jalapeno jelly hot
- 1 cup catsup
- 1 small onion diced
- 0.3 cup steak sauce
- 0.3 cup mustard yellow

Equipment

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:25.090434782609%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 755.58kcal (37.78%), Fat: 48.68g (74.88%), Saturated Fat: 18.17g (113.55%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 33.2g (12.07%), Sugar: 23.93g (26.58%), Cholesterol: 172.41mg (57.47%), Sodium: 1160.48mg (50.46%), Protein: 44.06g (88.13%), Vitamin B12: 4.9µg (81.68%), Zinc: 10.03mg (66.87%), Selenium: 44.24µg (63.21%), Vitamin B3: 11.95mg (59.77%), Vitamin B6: 0.93mg (46.71%), Phosphorus: 429.24mg (42.92%), Iron: 5.49mg (30.49%), Vitamin B2: 0.49mg (28.76%), Potassium: 908.8mg (25.97%), Magnesium: 63.61mg (15.9%), Manganese: 0.28mg (14.07%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 2.09mg (13.95%), Copper: 0.25mg (12.6%), Vitamin B1: 0.18mg (12.16%), Vitamin A: 486.15IU (9.72%), Folate: 33.41µg (8.35%), Calcium: 76.98mg (7.7%), Vitamin C: 6.16mg (7.46%), Fiber: 1.65g (6.59%), Vitamin K: 6.85µg (6.53%), Vitamin D: 0.24µg (1.61%)