



Made-Over Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce divided
- 2 cups wheat bran flake cereal
- 1 carrots shredded
- 2 egg whites
- 0.8 lb extra-lean ground beef
- 1 bell pepper green chopped
- 1 onion yellow chopped

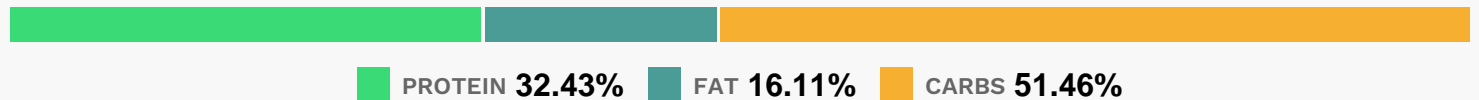
Equipment

- bowl
- oven
- aluminum foil
- broiler pan

Directions

- Heat oven to 375F.
- Mix cereal, 1/3 cup barbecue sauce and egg whites in large bowl until well blended.
- Add remaining ingredients; mix lightly.
- Shape into loaf; place on foil-lined rack of broiler pan.
- Brush with remaining sauce.
- Bake 1 hour or until done (160F).

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:10.13, Inflammation Score:-10, Nutrition Score:26.834782724795%

Flavonoids

Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 274.61kcal (13.73%), Fat: 5.04g (7.75%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 30.82g (11.21%), Sugar: 18.3g (20.33%), Cholesterol: 52.73mg (17.58%), Sodium: 569.77mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.63%), Vitamin A: 3238.37IU (64.77%), Vitamin B12: 2.92µg (48.64%), Iron: 8.07mg (44.83%), Manganese: 0.86mg (43.12%), Vitamin B3: 8.57mg (42.83%), Selenium: 28.92µg (41.31%), Vitamin B6: 0.82mg (41.08%), Folate: 150.06µg (37.52%), Zinc: 5.52mg (36.78%), Vitamin C: 27.07mg (32.81%), Vitamin B2: 0.53mg (31.02%), Phosphorus: 286.86mg (28.69%), Vitamin B1: 0.34mg (22.89%), Fiber: 5.38g (21.53%), Magnesium: 78.36mg (19.59%), Potassium: 649.27mg (18.55%), Copper: 0.23mg (11.59%), Vitamin B5: 0.91mg (9.12%), Vitamin E: 0.89mg (5.96%), Vitamin K: 5.5µg (5.24%), Vitamin D: 0.75µg

(4.97%), Calcium: 43.63mg (4.36%)