



## Mashed Potato Stuffed Meatloaf

READY IN



90 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.9 oz cheddar cheese mashed
- 1 cup water
- 0.5 cup milk
- 1.5 lb ground beef 80% lean (at least )
- 0.8 cup breadcrumbs italian
- 0.5 cup catsup
- 0.3 cup spring onion chopped (4 medium)
- 2 eggs

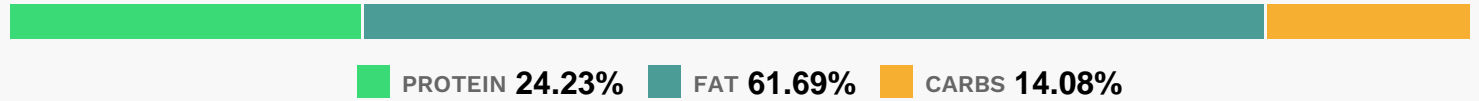
# Equipment

- bowl
- frying pan
- oven
- loaf pan
- kitchen thermometer

# Directions

- Heat oven to 350°F. Grease 9x5-inch loaf pan with shortening. Make potatoes as directed on box except omit butter and use 1 cup water, 1/2 cup milk and Cheese Sauce pouch. Set aside.
- In large bowl, mix Meatloaf ingredients until well blended. Firmly press half of beef mixture into pan. Spoon potatoes over beef mixture to within 1/4 inch of edges of pan. Spoon remaining beef mixture over potatoes; press gently.
- Bake 60 to 65 minutes or until meat thermometer inserted in center of loaf reads 160°F.
- Let loaf stand 10 minutes; remove from pan.

# Nutrition Facts



# Properties

Glycemic Index:16.17, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:17.769565333491%

# Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

# Nutrients (% of daily need)

Calories: 490.52kcal (24.53%), Fat: 33.34g (51.29%), Saturated Fat: 14.15g (88.44%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.35g (5.94%), Sugar: 6.3g (7%), Cholesterol: 160.66mg (53.55%), Sodium: 538.8mg (23.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Vitamin B12: 2.96µg (49.33%), Selenium: 32.02µg (45.74%), Zinc: 6.11mg (40.75%), Phosphorus: 363.8mg (36.38%), Vitamin B3: 6.04mg (30.21%), Vitamin B2: 0.46mg (26.82%), Calcium: 249.21mg (24.92%), Vitamin B6: 0.47mg (23.5%), Iron: 3.28mg (18.21%), Vitamin B1: 0.21mg (13.85%), Potassium: 468.9mg (13.4%), Vitamin K: 12.82µg (12.21%), Vitamin B5: 1.05mg (10.53%),

Magnesium: 39.36mg (9.84%), Vitamin A: 488.27IU (9.77%), Folate: 38.6µg (9.65%), Manganese: 0.17mg (8.46%),  
Vitamin E: 1.13mg (7.52%), Copper: 0.15mg (7.44%), Vitamin D: 0.77µg (5.13%), Fiber: 0.78g (3.1%), Vitamin C: 1.6mg  
(1.94%)