



WHATSheATE

Meat Loaf, Baby Arugula, and Russian Dressing on Whole-Grain Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup baby arugula leaves
- ☐ 1 teaspoon catsup
- ☐ 1 tablespoon mayonnaise
- ☐ 2 slices whole-grain bread toasted

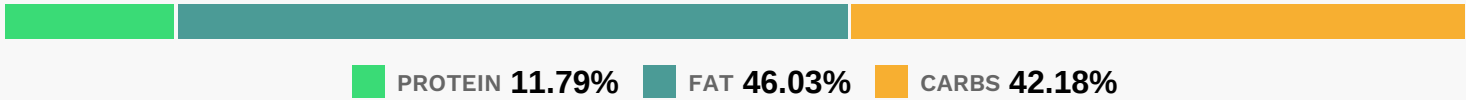
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Stir together the mayo and ketchup in a small bowl.
- ☐ Spread on one side of each slice of bread.
- ☐ Lay the meat loaf over one slice and top with the arugula leaves. Cover with the remaining slice of bread, mayo-side down.
- ☐ Cut in half and wrap in aluminum foil.
- ☐ Per serving: 410 calories, 36g carbohydrates, 28g protein, 18g fat, 65mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:151.7, Glycemic Load:14.55, Inflammation Score:-4, Nutrition Score:10.94130440769%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 243.74kcal (12.19%), Fat: 12.5g (19.23%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 22.31g (8.11%), Sugar: 3.72g (4.13%), Cholesterol: 5.88mg (1.96%), Sodium: 387.6mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.41%), Manganese: 1.22mg (60.88%), Vitamin K: 32.79µg (31.23%), Selenium: 14.82µg (21.17%), Vitamin B1: 0.22mg (14.87%), Fiber: 3.45g (13.82%), Vitamin B3: 2.57mg (12.84%), Phosphorus: 125.56mg (12.56%), Magnesium: 46.26mg (11.56%), Calcium: 101.15mg (10.11%), Iron: 1.55mg (8.63%), Folate: 29.52µg (7.38%), Zinc: 1.04mg (6.92%), Copper: 0.14mg (6.86%), Vitamin B6: 0.13mg (6.68%), Vitamin B2: 0.11mg (6.37%), Vitamin E: 0.86mg (5.71%), Potassium: 175.3mg (5.01%), Vitamin B5: 0.43mg (4.32%), Vitamin A: 155.08IU (3.1%), Vitamin C: 0.95mg (1.16%)