



Meatloaf Mexicana

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs dry
- ☐ 2 eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 servings spring onion chopped
- ☐ 1 pound ground pork
- ☐ 0.5 cup sauce
- ☐ 2 teaspoon jalapeno diced
- ☐ 0.8 pound ground beef lean
- ☐ 1.3 cups monterrey jack cheese shredded divided

☐ 1 teaspoon salt

Equipment

☐ bowl

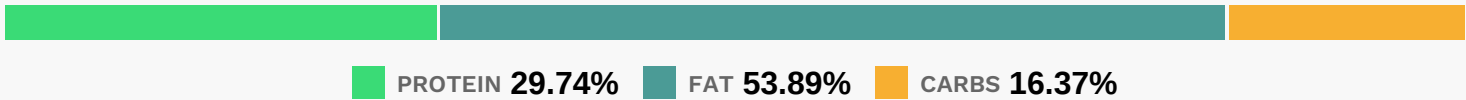
☐ oven

☐ loaf pan

Directions

- ☐ Combine pork, beef, one cup cheese, and remaining ingredients except garnish in a large bowl. Press into a lightly greased 9"x5" loaf pan.
- ☐ Bake, uncovered, at 350 degrees for 55 to 60 minutes, until no longer pink in center. Top with remaining cheese and garnishes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:20.901738913163%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 483.08kcal (24.15%), Fat: 28.38g (43.66%), Saturated Fat: 12.4g (77.51%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.36g (6.68%), Sugar: 6.06g (6.73%), Cholesterol: 165.1mg (55.03%), Sodium: 999.14mg (43.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.48%), Selenium: 40.96µg (58.51%), Vitamin B1: 0.76mg (50.98%), Phosphorus: 410.87mg (41.09%), Vitamin B3: 7.68mg (38.42%), Zinc: 5.74mg (38.26%), Vitamin B12: 2.19µg (36.47%), Vitamin B2: 0.51mg (29.82%), Vitamin B6: 0.59mg (29.42%), Vitamin K: 25.65µg (24.43%), Calcium: 238.14mg (23.81%), Iron: 3.45mg (19.15%), Potassium: 512.2mg (14.63%), Vitamin B5: 1.26mg (12.55%), Magnesium: 44.49mg (11.12%), Folate: 42.31µg (10.58%), Manganese: 0.2mg (9.93%), Vitamin A: 399.47IU (7.99%), Copper: 0.15mg (7.44%), Vitamin C: 4.52mg (5.48%), Fiber: 1.03g (4.14%), Vitamin D: 0.49µg (3.28%), Vitamin E: 0.49mg (3.24%)