



Meatloaf With Green Chile-Tomato Gravy

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs soft
- ☐ 1 large eggs lightly beaten
- ☐ 4 servings chile-tomato gravy green
- ☐ 1.5 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 1 small onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt

☐ 2 tablespoons worcestershire sauce

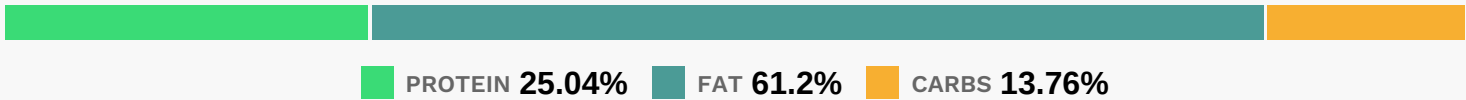
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 8 ingredients in a large bowl just until combined. Shape into 4 (4-inch) loaves, and place in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 45 minutes or until meat is no longer pink in center.
- ☐ Serve with Green Chile-Tomato Gravy.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:20.293913271116%

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: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 536.57kcal (26.83%), Fat: 36.01g (55.4%), Saturated Fat: 13.62g (85.14%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.06g (6.2%), Sugar: 6.2g (6.89%), Cholesterol: 167.27mg (55.76%), Sodium: 1350.79mg (58.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.29%), Vitamin B12: 3.8µg (63.31%), Zinc: 7.57mg (50.46%), Selenium: 33.05µg (47.22%), Vitamin B3: 8.52mg (42.58%), Vitamin B6: 0.68mg (34.15%), Phosphorus: 334.55mg (33.45%), Iron: 4.85mg (26.92%), Vitamin B2: 0.41mg (24.29%), Vitamin C: 17.39mg (21.07%), Potassium: 674.37mg (19.27%), Vitamin B1: 0.23mg (15.45%), Manganese: 0.23mg (11.74%), Vitamin B5: 1.17mg (11.72%), Magnesium: 43.78mg (10.94%), Copper: 0.2mg (10.03%), Folate: 39.92µg (9.98%), Calcium: 80.74mg (8.07%), Vitamin E: 1.14mg (7.6%), Vitamin K: 6.4µg (6.1%), Vitamin A: 248.08IU (4.96%), Fiber: 1.16g (4.65%), Vitamin D: 0.42µg (2.8%)