



Meatloaf with Roasted Garlic Potatoes

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1.5 pounds ground beef
- ☐ 6 servings paprika
- ☐ 1 cup picante sauce pace®
- ☐ 4 medium potatoes cut into 8 wedges

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

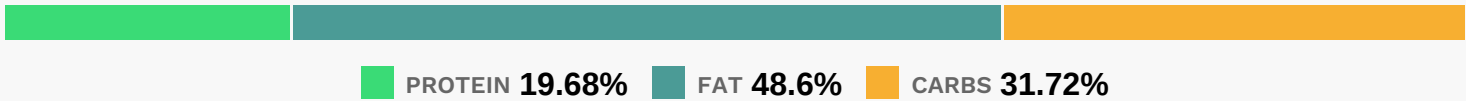
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Thoroughly mix 1/2 cup picante sauce, beef, bread crumbs, egg, parsley, Worcestershire and half the garlic in a large bowl. Shape the beef mixture firmly into an 8 x 4-inch loaf in a baking pan.
- ☐ Stir the oil and remaining garlic in a large bowl. Toss the potatoes with the oil mixture until they're evenly coated.
- ☐ Sprinkle the potatoes with the paprika. Arrange the potatoes in the baking pan around the meatloaf.
- ☐ Bake at 350 degrees F. for 1 hour or until meatloaf is cooked through.
- ☐ Pour the remaining picante sauce over the meatloaf before serving.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:18.42, Inflammation Score:-8, Nutrition Score:25.443043522213%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 542.88kcal (27.14%), Fat: 29.35g (45.16%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 37.61g (13.68%), Sugar: 4.42g (4.91%), Cholesterol: 107.79mg (35.93%), Sodium: 550.22mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.48%), Vitamin B6: 0.96mg (48.23%), Vitamin B12: 2.56µg (42.58%), Vitamin B3: 8.23mg (41.14%), Vitamin C: 31.58mg (38.28%), Zinc: 5.72mg (38.16%), Vitamin K: 39.64µg (37.75%), Selenium: 25.04µg (35.77%), Phosphorus: 330.01mg (33%), Potassium: 1144.87mg (32.71%), Iron: 5.18mg (28.77%), Vitamin A: 1350.26IU (27.01%), Manganese: 0.51mg (25.62%), Vitamin B1: 0.37mg (24.55%), Fiber: 5.5g (21.99%), Vitamin B2: 0.37mg (21.47%), Magnesium: 72.15mg (18.04%), Copper: 0.33mg (16.49%), Folate: 58.39µg (14.6%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.36mg (13.56%), Calcium: 99.7mg (9.97%), Vitamin D: 0.26µg (1.73%)