



Microwave Barbecue Meatloaf

 Dairy Free

READY IN



24 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 0.1 tsp pepper black
- 0.5 tsp basil leaves dried
- 0.5 cup bread crumbs plain dry
- 1 eggs beaten
- 0.3 cup pasilla peppers green finely chopped
- 1 lb ground beef lean
- 0.5 cup onions finely chopped

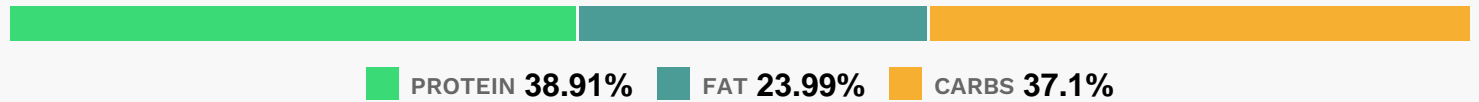
Equipment

microwave

Directions

- Reserve 1/4 cup barbecue sauce.
- Mix remaining barbecue sauce with remaining ingredients just until blended.
- Shape into loaf in 9-inch square microwavable dish; top with reserved barbecue sauce. Cover loosely with waxed paper.
- Microwave on HIGH 12 to 14 min. or until done (165F), turning dish after 7 min.
- Let stand 5 min. before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.7439130441002%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 49.39kcal (2.47%), Fat: 1.28g (1.97%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.3g (2.56%), Cholesterol: 18.54mg (6.18%), Sodium: 93.12mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin B12: 0.45µg (7.46%), Zinc: 1.04mg (6.92%), Selenium: 4.51µg (6.45%), Vitamin B3: 1.24mg (6.19%), Phosphorus: 47.33mg (4.73%), Vitamin B6: 0.09mg (4.61%), Iron: 0.67mg (3.71%), Vitamin B2: 0.05mg (3.11%), Potassium: 94.64mg (2.7%), Vitamin B1: 0.03mg (2.27%), Manganese: 0.04mg (2.05%), Vitamin C: 1.53mg (1.86%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.83mg (1.71%), Copper: 0.03mg (1.45%), Folate: 5.21µg (1.3%), Calcium: 10.43mg (1.04%), Fiber: 0.25g (1.01%)