



Mini Meat Loaves and Potato Slices

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef 90% lean
- 2 large baking potatoes scrubbed
- 0.5 cup breadcrumbs dried plain
- 0.7 cup tomato sauce jarred
- 3 eggs
- 1 tablespoon cilantro leaves fresh finely chopped
- 1 garlic clove smashed
- 1 tsp jalapeno fresh minced

- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 small onion finely chopped
- 4 small tomatoes diced cored ripe finely

Equipment

- bowl
- plastic wrap
- wooden spoon
- grill

Directions

- Combine tomato, onion, jalapeo, garlic and salt in a medium bowl; mix well (To make salsa ahead, prepare to this point; cover with plastic wrap and chill, for up to 1 day, until ready to serve.) Stir in cilantro.
- Prepare grill. Put ground beef, tomato sauce, bread crumbs and egg whites in a large bowl.
- Mix with hands or a wooden spoon until well blended. Divide mixture into 4 portions and pat into ovals about 2/3 inch thick.
- Grill meat loaves over medium flame, turning once or twice, until nicely charred and cooked through, about 15 minutes.
- While meat cooks, slice potatoes 1/4 inch thick; rinse and pat dry.
- Brush potato slices on both sides with olive oil and grill, turning once, until golden and crisp, about 12 minutes.
- Sprinkle with salt.
- Spoon salsa on loaves; serve with potato slices.

Nutrition Facts



PROTEIN 28.38% FAT 39.8% CARBS 31.82%

Properties

Glycemic Index:72.19, Glycemic Load:28.3, Inflammation Score:-8, Nutrition Score:34.66739138313%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 642.2kcal (32.11%), Fat: 28.34g (43.6%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 45.91g (16.69%), Sugar: 6.75g (7.5%), Cholesterol: 233.32mg (77.77%), Sodium: 902.35mg (39.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.94%), Vitamin B6: 1.49mg (74.26%), Vitamin B12: 4.1µg (68.33%), Zinc: 9.59mg (63.94%), Vitamin B3: 12.45mg (62.23%), Selenium: 42.95µg (61.36%), Phosphorus: 541.53mg (54.15%), Potassium: 1756.66mg (50.19%), Iron: 7.36mg (40.9%), Vitamin C: 28.88mg (35.01%), Vitamin B2: 0.58mg (34.23%), Manganese: 0.63mg (31.26%), Vitamin B1: 0.42mg (28%), Magnesium: 104.52mg (26.13%), Copper: 0.48mg (24.08%), Vitamin B5: 2.39mg (23.86%), Vitamin A: 1135.52IU (22.71%), Folate: 87.06µg (21.77%), Vitamin E: 3.06mg (20.39%), Fiber: 5.06g (20.25%), Vitamin K: 18.84µg (17.94%), Calcium: 108.34mg (10.83%), Vitamin D: 0.83µg (5.53%)