



Mom's Bruschetta Meatloaf

READY IN



70 min.

SERVINGS



10

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 eggs
- 1 lb extra-lean ground beef
- 2 green onions finely chopped
- 0.5 cup italian* five cheese blend shredded kraft
- 6 oz stove top stuffing mix for chicken

Equipment

- oven

baking pan

Directions

Heat oven to 375F.

Mix tomatoes and stuffing mix. Reserve half for later use.

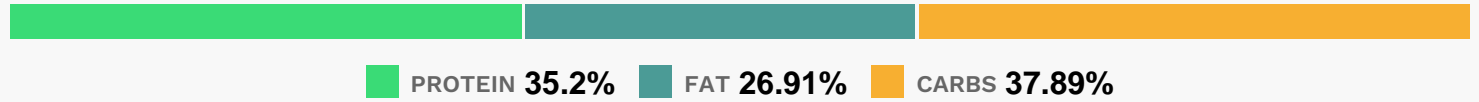
Add meat and egg to remaining stuffing mixture; mix well. Press onto bottom of 8-inch square baking dish.

Combine reserved stuffing mixture and onions; spread over meat mixture. Cover.

Bake 45 min.; top with cheese.

Bake, uncovered, 10 min. or until meatloaf is done (160F).

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:8.8647826650868%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 159.58kcal (7.98%), Fat: 4.72g (7.26%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.95g (5.07%), Sugar: 2.42g (2.69%), Cholesterol: 45.78mg (15.26%), Sodium: 342.95mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Selenium: 17.46µg (24.95%), Vitamin B3: 3.77mg (18.86%), Vitamin B12: 1.06µg (17.64%), Zinc: 2.59mg (17.26%), Phosphorus: 130.94mg (13.09%), Vitamin B6: 0.26mg (12.83%), Iron: 2.23mg (12.36%), Vitamin B2: 0.19mg (10.92%), Folate: 37.62µg (9.41%), Vitamin B1: 0.14mg (9.39%), Potassium: 286.1mg (8.17%), Manganese: 0.14mg (7.06%), Vitamin K: 6.46µg (6.15%), Magnesium: 22.16mg (5.54%), Copper: 0.11mg (5.4%), Vitamin C: 4.14mg (5.02%), Calcium: 48.28mg (4.83%), Vitamin B5: 0.47mg (4.75%), Fiber: 1g (4.01%), Vitamin E: 0.52mg (3.47%), Vitamin A: 94.46IU (1.89%)