



Moroccan Meat Loaf



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 teaspoon cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 lemon zest
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.5 serving meat marinade mix (1 lb. 11 oz.)

- ☐ 0.3 cup raisins
- ☐ 10 servings salt and pepper
- ☐ 1 teaspoon turmeric

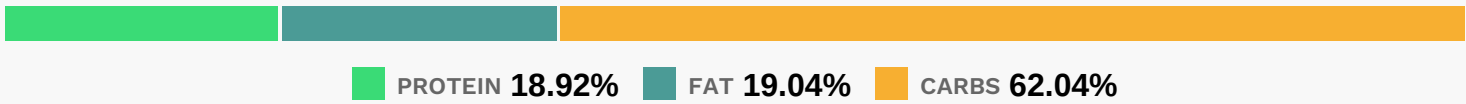
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Mist a 9-by-13-inch pan with cooking spray.
- ☐ Place meat mix in a large bowl; add cinnamon, ginger, turmeric, cumin and cayenne, if desired.
- ☐ Mix gently but thoroughly with your fingers. Shape meat into a 5-by-7-inch loaf and transfer to greased pan.
- ☐ Bake loaf 30 minutes; pour 1/2 cup broth into pan. Continue to bake until a meat thermometer inserted into center reads 160F, 15 to 20 minutes longer.
- ☐ Remove meat loaf to a platter, tent with foil and let rest 10 minutes.
- ☐ Pour broth into a pot; add tomatoes and raisins. Bring to a simmer over medium-high heat. Cook, stirring occasionally, for about 10 minutes. Stir in zest; season with salt and pepper.
- ☐ Slice meat loaf and serve, passing sauce on the side.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:2.9256521988174%

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 0.9g (1.38%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 5.28g (1.92%), Sugar: 1.87g (2.08%), Cholesterol: 2.97mg (0.99%), Sodium: 255.87mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.21mg (10.26%), Vitamin C: 4.85mg (5.88%), Fiber: 1.29g (5.15%), Iron: 0.92mg (5.11%), Potassium: 171.95mg (4.91%), Copper: 0.1mg (4.82%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.75mg (3.73%), Vitamin E: 0.54mg (3.62%), Magnesium: 10.71mg (2.68%), Vitamin B1: 0.04mg (2.41%), Vitamin A: 110.77IU (2.22%), Vitamin K: 2.31µg (2.2%), Phosphorus: 20.88mg (2.09%), Vitamin B2: 0.03mg (1.97%), Calcium: 19.52mg (1.95%), Folate: 5.7µg (1.43%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.15mg (1.03%)