



## No Ordinary Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2 cups corn bread stuffing mix
- 2 eggs beaten
- 0.5 cup bell pepper diced green
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 1 pound ground pork
- 0.5 cup onion diced

- 2 teaspoons lawry's seasoned salt
- 1 teaspoon garlic and herb seasoning blend

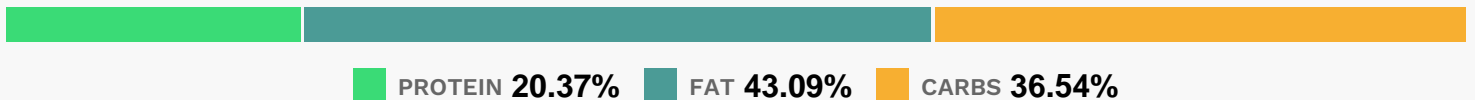
## Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- loaf pan
- kitchen thermometer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x5 inch loaf pan with nonstick cooking spray.
- In food processor or blender, pulse stuffing mix to fine crumbs; place in large bowl. Stir in ground beef, ground pork, onion, green pepper, tomatoes, eggs, seasoned salt, seasoning blend, and pepper. Use your hands to mix very well; pat into prepared pan.
- Bake in preheated oven until no longer pink in the center, 45 minutes to 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (72 degrees C). Cool for 5 to 10 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:18.67, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:31.459565141927%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 748.56kcal (37.43%), Fat: 35.48g (54.59%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 67.69g (22.56%), Net Carbohydrates: 63.03g (22.92%), Sugar: 10.49g (11.65%), Cholesterol: 163.45mg (54.48%), Sodium: 2088.57mg (90.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.47%), Selenium: 72.82µg (104.03%), Vitamin B1: 1.13mg (75.2%), Vitamin B3: 11.99mg (59.93%), Vitamin B2: 0.72mg (42.5%), Phosphorus: 421.73mg (42.17%), Vitamin B6: 0.83mg (41.71%), Folate: 163.11µg (40.78%), Zinc: 6mg (39.97%), Vitamin B12: 2.29µg (38.22%), Iron: 6.68mg (37.11%), Manganese: 0.71mg (35.48%), Potassium: 889.99mg (25.43%), Vitamin C: 17.82mg (21.6%), Copper: 0.43mg (21.26%), Magnesium: 79.32mg (19.83%), Fiber: 4.65g (18.62%), Vitamin B5: 1.65mg (16.52%), Calcium: 150.84mg (15.08%), Vitamin E: 1.82mg (12.14%), Vitamin K: 12.26µg (11.67%), Vitamin A: 294.46IU (5.89%), Vitamin D: 0.37µg (2.46%)