



Old-Fashioned All-American Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 ounce bread gluten-free
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 large egg whites
- ☐ 1 pound ground beef
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt divided

- ☐ 1 tablespoon sugar
- ☐ 8 ounce tomato sauce divided canned
- ☐ 2 teaspoons worcestershire sauce

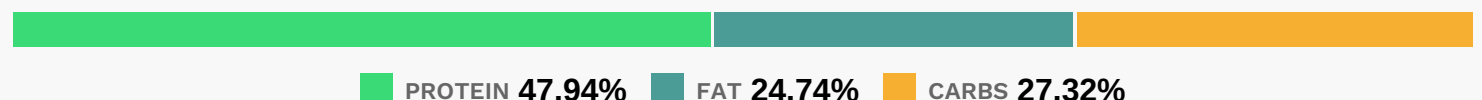
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine egg whites, 1/4 teaspoon salt, and pepper in a large bowl, stirring with a whisk.
- ☐ Add beef, bell pepper, onion, and 1/2 cup tomato sauce to egg mixture.
- ☐ Place bread pieces in a food processor; process until fine crumbs form.
- ☐ Add crumbs to beef mixture, mixing with hands just until combined. Shape beef mixture into an 8 x 5inch loaf.
- ☐ Place on a foil-lined baking sheet coated with cooking spray.
- ☐ Combine remaining tomato sauce, remaining 1/4 teaspoon salt, sugar, vinegar, and Worcestershire sauce in a small bowl, stirring with a spoon. Reserve 2 tablespoons tomato sauce mixture. Spoon remaining sauce mixture over top of loaf.
- ☐ Bake at 350 for 45 minutes or until done.
- ☐ Remove from oven, and spoon reserved sauce over meat loaf.
- ☐ Let stand 10 minutes before cutting into 8 slices.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:7.19, Inflammation Score:-5, Nutrition Score:17.610000102416%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 243.12kcal (12.16%), Fat: 6.58g (10.12%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.21g (5.17%), Sugar: 7.55g (8.39%), Cholesterol: 70.31mg (23.44%), Sodium: 769.28mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Vitamin B12: 2.56µg (42.58%), Zinc: 6.12mg (40.79%), Selenium: 27.6µg (39.43%), Vitamin B3: 7.74mg (38.69%), Vitamin B6: 0.58mg (29.15%), Phosphorus: 272.52mg (27.25%), Vitamin C: 20.84mg (25.26%), Iron: 4.06mg (22.58%), Vitamin B2: 0.34mg (20.18%), Potassium: 698.7mg (19.96%), Manganese: 0.33mg (16.51%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.1mg (10.97%), Copper: 0.21mg (10.37%), Vitamin B1: 0.14mg (9.41%), Fiber: 2.14g (8.55%), Vitamin E: 1.24mg (8.26%), Folate: 29.43µg (7.36%), Vitamin A: 318.84IU (6.38%), Calcium: 48.18mg (4.82%), Vitamin K: 4.52µg (4.3%)