



Picante Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots coarsely chopped
- 0.3 teaspoon rubbed sage dried
- 2 large egg whites lightly beaten
- 1 pound ground round
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 cup picante sauce
- 0.3 teaspoon salt

0.7 cup breadcrumbs whole wheat

Equipment

bowl

oven

broiler pan

Directions

Preheat oven to 40

Combine first 8 ingredients in a medium bowl. Shape mixture into a 6 x 4-inch loaf, and place on a rack in a broiler pan coated with cooking spray.

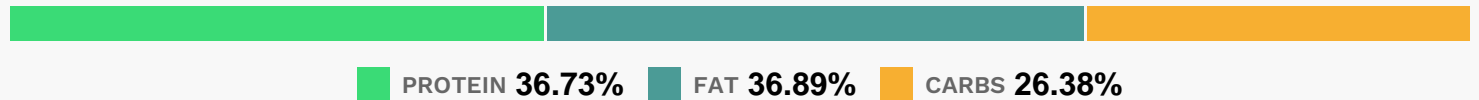
Bake at 400 for 35 minutes.

Brush picante sauce over meat loaf. Return to oven, and bake an additional 5 minutes.

Let stand 5 minutes before slicing.

carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:9.9347825983296%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 189.4kcal (9.47%), Fat: 8.05g (12.38%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 10.96g (3.99%), Sugar: 2.12g (2.36%), Cholesterol: 49.14mg (16.38%), Sodium: 375.41mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.07%), Vitamin B12: 1.68µg (28.01%), Zinc: 3.7mg (24.7%), Selenium: 15.02µg (21.46%), Vitamin B3: 4.16mg (20.79%), Vitamin A: 995.96IU (19.92%), Vitamin B6: 0.34mg (17.07%), Phosphorus: 153.55mg (15.36%), Iron: 2.69mg (14.93%), Vitamin B2: 0.18mg (10.59%), Potassium:

354.21mg (10.12%), Fiber: 1.99g (7.95%), Vitamin B5: 0.55mg (5.47%), Magnesium: 21.72mg (5.43%), Vitamin C: 4.11mg (4.99%), Copper: 0.08mg (3.99%), Vitamin E: 0.55mg (3.64%), Manganese: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.3%), Vitamin K: 2.48µg (2.36%), Folate: 9.41µg (2.35%), Calcium: 21.23mg (2.12%)