



Pizza-Style Meat Loaf

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 large egg white
- 1.5 pounds extra-lean ground round
- 0.5 teaspoon ground pepper red
- 0.8 cup italian-seasoned breadcrumbs
- 1 teaspoon penzey's southwest seasoning dried italian
- 0.5 cup onion chopped
- 2 ounce part-skim mozzarella cheese
- 0.7 cup pizza sauce divided

- 0.5 cup bell pepper diced red
- 0.3 teaspoon salt
- 1 teaspoon worcestershire sauce

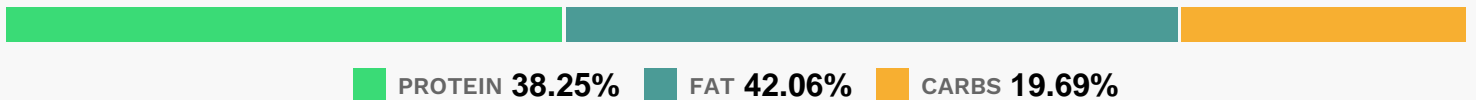
Equipment

- bowl
- oven
- wax paper
- broiler pan

Directions

- Preheat oven to 35
- Combine 1/3 cup sauce, meat, and next 8 ingredients (sauce through egg white) in a bowl. Shape meat mixture into an 18 x 12-inch rectangle on wax paper. Arrange cheese slices over meat mixture; sprinkle with red bell pepper, leaving a 1-inch border.
- Roll meat mixture up jelly-roll fashion starting at short side. Pinch ends to seal.
- Place meat loaf on a broiler pan coated with cooking spray.
- Bake at 350 for 1 hour or until meat loaf registers 16
- Brush 1/3 cup pizza sauce over meat loaf.
- Bake an additional 5 minutes or until done; let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:17.821304194305%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 301.38kcal (15.07%), Fat: 13.85g (21.31%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 12.75g (4.63%), Sugar: 3.19g (3.55%), Cholesterol: 79.91mg (26.64%), Sodium: 582.98mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.69%), Vitamin B12: 2.64µg (44.02%), Zinc: 6.04mg (40.26%), Selenium: 25.27µg (36.1%), Vitamin B3: 7.14mg (35.68%), Phosphorus: 295.94mg (29.59%), Vitamin B6: 0.54mg (26.88%), Vitamin C: 19.46mg (23.58%), Iron: 3.84mg (21.35%), Vitamin B2: 0.33mg (19.32%), Potassium: 558.76mg (15.96%), Vitamin B1: 0.22mg (14.33%), Vitamin A: 657.57IU (13.15%), Calcium: 130.01mg (13%), Manganese: 0.25mg (12.58%), Vitamin K: 11.73µg (11.18%), Magnesium: 40.69mg (10.17%), Folate: 37.48µg (9.37%), Vitamin B5: 0.93mg (9.3%), Copper: 0.17mg (8.32%), Vitamin E: 1.12mg (7.45%), Fiber: 1.84g (7.36%)