



Rio Grande Meat Loaf

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 teaspoons chili powder
- ☐ 2 egg whites
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 large garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons ground cumin
- ☐ 2 pounds ground round

- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1.5 ounces taco shells crushed finely

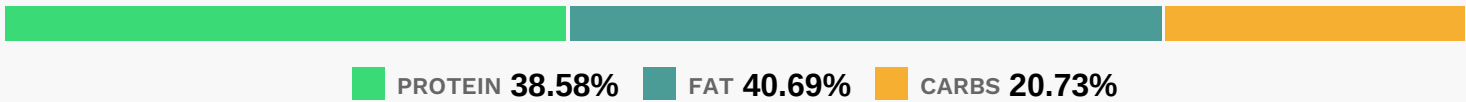
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 12 ingredients in a large bowl, and stir well. Crumble beef over vegetable mixture, and stir just until blended.
- ☐ Pack mixture into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 375 for 1 hour or until meat loaf registers 16
- ☐ Let meat loaf stand in pan 10 minutes.
- ☐ Remove meat loaf from pan; cut loaf into 16 slices.
- ☐ Serve with commercial salsa, if desired.
- ☐ Serve leftover meat loaf slices in taco shells; top with shredded lettuce, chopped tomato, and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.46, Inflammation Score:-5, Nutrition Score:16.721304364826%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 289.53kcal (14.48%), Fat: 12.9g (19.85%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 10.03g (3.65%), Sugar: 1g (1.11%), Cholesterol: 73.71mg (24.57%), Sodium: 609.67mg (26.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Vitamin B12: 2.51µg (41.88%), Zinc: 5.91mg (39.37%), Vitamin B3: 6.39mg (31.95%), Selenium: 21.64µg (30.91%), Phosphorus: 291.54mg (29.15%), Vitamin B6: 0.54mg (26.77%), Iron: 4.17mg (23.16%), Fiber: 4.76g (19.03%), Vitamin C: 14.68mg (17.8%), Potassium: 620.82mg (17.74%), Vitamin B2: 0.29mg (17.33%), Magnesium: 52.27mg (13.07%), Manganese: 0.26mg (12.89%), Folate: 47.7µg (11.92%), Copper: 0.22mg (10.96%), Vitamin B1: 0.15mg (10.16%), Vitamin B5: 0.84mg (8.37%), Vitamin A: 278.48IU (5.57%), Vitamin K: 5.63µg (5.36%), Vitamin E: 0.8mg (5.31%), Calcium: 51.26mg (5.13%)