



Roasted Tomato Meat Loaf

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon chili powder
- 1 eggs beaten
- 1 teaspoon garlic salt
- 1 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.7 cup taco shells crushed old el paso® (6 shells)

8 oz tomato sauce old el paso®

Equipment

bowl

frying pan

oven

loaf pan

kitchen thermometer

Directions

Heat oven to 350°F.

Reserve 1/4 cup of the cooking sauce. In large bowl, mix remaining cooking sauce and remaining ingredients.

Spread mixture in ungreased 8x4-inch loaf pan.

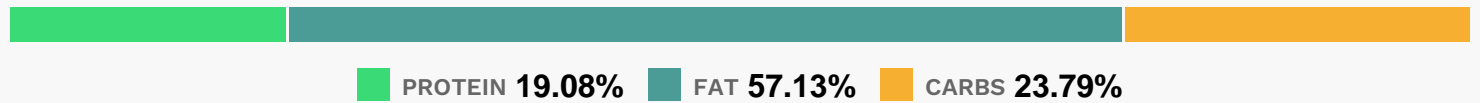
Spread reserved cooking sauce on top.

Bake uncovered about 1 hour or until thermometer inserted in center of loaf reads 160°F.

Drain meat loaf.

Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:11.27, Inflammation Score:-4, Nutrition Score:11.790434754413%

Flavonoids

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: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 349.06kcal (17.45%), Fat: 22.04g (33.91%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.99g (6.54%), Sugar: 2.84g (3.16%), Cholesterol: 82.18mg (27.39%), Sodium: 721.5mg (31.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.13%), Vitamin B12: 1.74µg (28.97%), Zinc: 3.84mg (25.59%), Phosphorus: 220.44mg (22.04%), Selenium: 15.4µg (21.99%), Vitamin B3: 4.12mg (20.62%), Vitamin B6: 0.37mg (18.74%), Iron: 2.47mg (13.73%), Vitamin B2: 0.21mg (12.42%), Potassium: 428mg (12.23%), Manganese: 0.23mg (11.67%), Magnesium: 44.3mg (11.07%), Fiber: 2.66g (10.65%), Folate: 32.9µg (8.22%), Vitamin E: 1.22mg (8.11%), Vitamin B1: 0.11mg (7.59%), Copper: 0.13mg (6.69%), Vitamin B5: 0.67mg (6.66%), Calcium: 66.3mg (6.63%), Vitamin A: 299.06IU (5.98%), Vitamin K: 5.19µg (4.94%), Vitamin C: 3.63mg (4.41%), Vitamin D: 0.33µg (2.23%)