



Rolled Italian Meat Loaf

READY IN



100 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs italian progresso®
- ☐ 0.8 lb ground sausage italian
- ☐ 1 eggs
- ☐ 1.3 lb ground beef 90% (at least)
- ☐ 8 oz pizza cheese shredded italian
- ☐ 0.3 teaspoon pepper
- ☐ 8 oz tomato sauce canned
- ☐ 2 cups pkt spinach fresh loosely packed

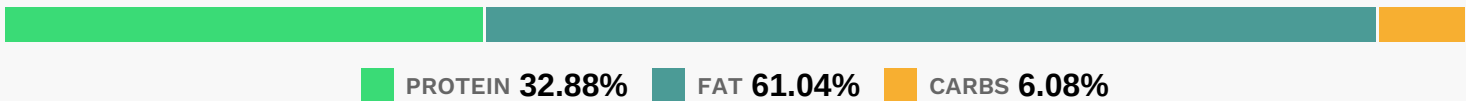
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In large bowl, mix ground beef, sausage, egg, 1/2 cup of the pizza sauce, the bread crumbs and pepper.
- ☐ On foil, pat mixture to 12x8-inch rectangle.
- ☐ Sprinkle evenly with cheese; gently press into meat. Top with spinach. Starting at short end, roll up tightly, using foil to start roll and tucking in spinach leaves; seal ends.
- ☐ Place seam side down in ungreased 12x8-inch (2 quart) glass baking dish.
- ☐ Bake 1 hour.
- ☐ Spread remaining pizza sauce over top.
- ☐ Bake 15 minutes longer or until thermometer inserted in meat loaf reads 160°F.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:15.706086853276%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 365.12kcal (18.26%), Fat: 24.77g (38.11%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.8g (1.74%), Sugar: 1.27g (1.41%), Cholesterol: 102.39mg (34.13%), Sodium: 584.32mg (25.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.05%), Selenium: 25.67µg (36.66%), Vitamin K: 37.57µg (35.78%), Vitamin B12: 2.04µg (33.92%), Zinc: 4.59mg (30.61%), Vitamin B3: 5.84mg (29.2%), Vitamin B6: 0.46mg (23.07%), Phosphorus: 228.6mg (22.86%), Vitamin B1: 0.32mg (21.21%), Vitamin A: 856.07IU (17.12%), Iron: 2.93mg (16.27%), Vitamin B2: 0.26mg (15.12%), Potassium: 493.89mg (14.11%), Calcium: 91.66mg (9.17%), Vitamin B5: 0.87mg (8.68%), Magnesium: 33.94mg (8.49%), Manganese: 0.17mg (8.49%), Folate: 30.25µg (7.56%), Copper: 0.14mg (7.22%), Vitamin C: 4.94mg (5.99%), Vitamin E: 0.82mg (5.47%), Fiber: 0.76g (3.03%), Vitamin D: 0.18µg (1.21%)