



## Salsa Meat Loaf

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup all-bran cereal fiber one®
- 1 teaspoon chili powder
- 2 eggs
- 1.5 lb ground beef 90% lean (at least )
- 0.5 teaspoon ground cumin
- 0.1 teaspoon pepper
- 0.5 cup salsa thick old el paso®
- 0.3 teaspoon salt

## Equipment

- food processor
- bowl
- oven
- kitchen thermometer
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Heat oven to 350°F.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
- In large bowl, stir together cereal and 1 cup salsa (mixture will be thick).
- Let stand 5 minutes.
- Add eggs, chili powder, cumin, salt and pepper to cereal mixture; stir until blended.
- Add ground beef; stir until well mixed. Press evenly in ungreased 9x5-inch glass loaf dish.
- Bake uncovered 1 hour 5 minutes to 1 hour 15 minutes or until meat thermometer inserted in center of loaf reads 160°F. Cover; let stand 5 to 10 minutes.
- Drain and discard liquid before slicing.
- Serve with 1/2 cup salsa.

## Nutrition Facts

 **PROTEIN 50.96%**  **FAT 31.67%**  **CARBS 17.37%**

## Properties

Glycemic Index:13.61, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:25.652608477551%

## Nutrients (% of daily need)

Calories: 211.04kcal (10.55%), Fat: 7.7g (11.84%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 5.94g (2.16%), Sugar: 2.53g (2.81%), Cholesterol: 124.87mg (41.62%), Sodium: 367.11mg (15.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Vitamin B6: 1.76mg (87.77%), Vitamin B12: 4.61µg (76.89%), Zinc: 7.31mg (48.73%), Manganese: 0.82mg (41.12%), Vitamin B3: 8.06mg (40.3%), Phosphorus: 381.23mg (38.12%), Folate: 148.91µg (37.23%), Selenium: 25.48µg (36.4%), Vitamin B2: 0.54mg (31.78%), Iron: 5.04mg (27.99%), Vitamin B1: 0.3mg (19.76%), Magnesium: 68.54mg (17.14%), Potassium: 583.95mg (16.68%), Fiber: 3.56g (14.25%), Copper: 0.22mg (11.24%), Vitamin B5: 1.11mg (11.1%), Vitamin A: 464.9IU (9.3%), Calcium: 67.58mg (6.76%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.85µg (5.67%), Vitamin C: 2.49mg (3.02%), Vitamin K: 2.26µg (2.15%)