



Salsa Meatloaf

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.5 cup salsa thick

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 **48.78%**  FAT **29.97%**  CARBS **21.25%**

Properties

Glycemic Index:13.61, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:27.232608536015%

Nutrients (% of daily need)

Calories: 223.61kcal (11.18%), Fat: 7.78g (11.97%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.18g (4.65%), Cholesterol: 124.87mg (41.62%), Sodium: 651.38mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.5g (56.99%), Vitamin B6: 1.83mg (91.58%), Vitamin B12: 4.61µg (76.89%), Zinc: 7.4mg (49.3%), Manganese: 0.87mg (43.57%), Vitamin B3: 8.55mg (42.73%), Phosphorus: 395.1mg (39.51%), Folate: 150.65µg (37.66%), Selenium: 25.87µg (36.96%), Vitamin B2: 0.55mg (32.6%), Iron: 5.22mg (29%), Vitamin B1: 0.31mg (20.77%), Potassium: 695.75mg (19.88%), Magnesium: 75.04mg (18.76%), Fiber: 4.34g (17.37%), Vitamin A: 672.9IU (13.46%), Copper: 0.25mg (12.65%), Vitamin B5: 1.2mg (11.97%), Vitamin E: 1.52mg (10.14%), Calcium: 79.71mg (7.97%), Vitamin D: 0.85µg (5.67%), Vitamin C: 3.32mg (4.02%), Vitamin K: 4.08µg (3.89%)