



Santa Fe Meat Loaf

 Dairy Free

READY IN



68 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chiles, un-drained canned
- ☐ 8.8 ounce whole-kernel corn drained canned
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 pounds ground sirloin
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 3 tablespoons onion fresh grated
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon worcestershire sauce

- ☐ 1.1 ounce fiesta dip mix ranch-style (such as Hidden Valley)
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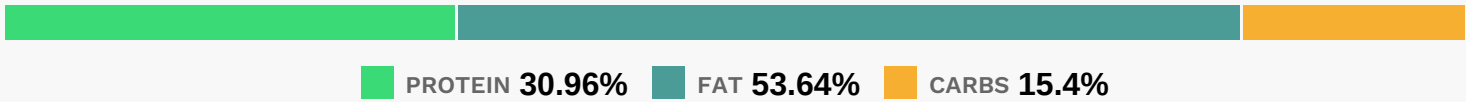
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a large bowl; crumble beef over vegetable mixture.
- ☐ Add breadcrumbs, and stir until well blended.
- ☐ Shape beef mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a thermometer registers 16
- ☐ Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:14.357826124067%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 313.79kcal (15.69%), Fat: 18.65g (28.7%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.38g (3.77%), Sugar: 3.59g (3.99%), Cholesterol: 108.16mg (36.05%), Sodium: 256.19mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.45%), Vitamin B12: 2.55µg (42.54%), Zinc: 5.47mg (36.47%), Vitamin B3: 6.35mg (31.75%), Selenium: 22.04µg (31.49%), Phosphorus: 249.57mg (24.96%), Vitamin B6:

0.49mg (24.47%), Iron: 3.41mg (18.95%), Vitamin B2: 0.3mg (17.47%), Potassium: 518.49mg (14.81%), Vitamin B5: 0.99mg (9.92%), Vitamin B1: 0.14mg (9.25%), Folate: 36.81µg (9.2%), Magnesium: 35.2mg (8.8%), Manganese: 0.17mg (8.7%), Copper: 0.15mg (7.33%), Vitamin C: 5.69mg (6.9%), Fiber: 1.67g (6.69%), Vitamin E: 0.88mg (5.88%), Vitamin K: 5.47µg (5.21%), Calcium: 49.62mg (4.96%), Vitamin A: 130.34IU (2.61%), Vitamin D: 0.28µg (1.87%)