



Simply Amazing Meatloaf



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 2 tablespoons catsup
- 1.5 pounds ground beef lean
- 4.4 ounce rice and sauce mix spanish
- 1 tablespoon mustard yellow

Equipment

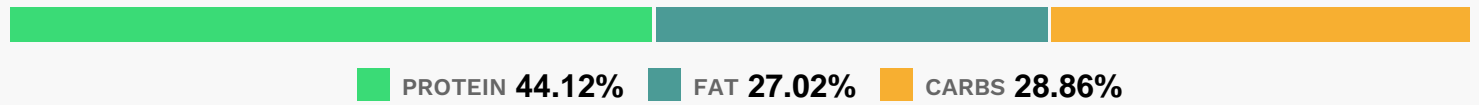
- oven
- mixing bowl

loaf pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a mixing bowl, combine ground beef, Spanish rice and sauce mix, eggs, 1 tablespoon of ketchup, and mustard.
- Mix thoroughly.
- Coat the inside of a 9x5 inch loaf pan with 2 tablespoons of the ketchup.
- Transfer the meat mixture to the loaf pan. Top with the remaining ketchup.
- Bake in a preheated oven for 1 hour or until cooked through.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:12.542608750903%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 247.87kcal (12.39%), Fat: 7.15g (11.01%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 17.08g (6.21%), Sugar: 8.95g (9.95%), Cholesterol: 124.87mg (41.62%), Sodium: 169.56mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.28g (52.57%), Vitamin B12: 2.67µg (44.51%), Zinc: 5.99mg (39.9%), Selenium: 25.12µg (35.88%), Vitamin B3: 6.33mg (31.63%), Phosphorus: 257.57mg (25.76%), Vitamin B6: 0.48mg (23.95%), Iron: 3.01mg (16.74%), Vitamin B2: 0.26mg (15.27%), Potassium: 430.4mg (12.3%), Vitamin B5: 0.96mg (9.63%), Magnesium: 28.56mg (7.14%), Copper: 0.1mg (5.2%), Vitamin B1: 0.06mg (3.84%), Vitamin E: 0.55mg (3.69%), Folate: 13.19µg (3.3%), Vitamin D: 0.41µg (2.71%), Vitamin A: 106.63IU (2.13%), Calcium: 20.74mg (2.07%), Manganese: 0.03mg (1.54%)