



Simply Divine Meat Loaf with Spinach

READY IN



80 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce onion soup mix dry
- ☐ 2 eggs
- ☐ 1.5 pounds ground beef
- ☐ 0.5 cup salad dressing italian
- ☐ 1.5 cups seasoned bread crumbs italian
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 cup pkt spinach fresh chopped
- ☐ 2 tablespoons worcestershire sauce

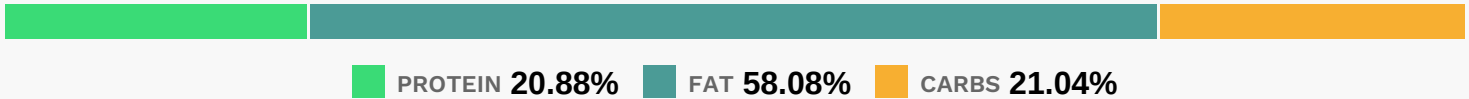
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, mix the ground beef, eggs, sour cream, Worcestershire sauce, dry onion soup mix, Parmesan cheese, salad dressing, bread crumbs, and spinach.
- ☐ Transfer to a 5x9 inch pan, and cover with aluminum foil.
- ☐ Bake 45 minutes in the preheated oven.
- ☐ Remove foil, and continue baking 15 minutes, to a minimum internal temperature of 160 degrees F (70 degrees C).
- ☐ Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:16.236956544544%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 422.47kcal (21.12%), Fat: 26.95g (41.47%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.55g (7.47%), Sugar: 4.02g (4.47%), Cholesterol: 115.45mg (38.48%), Sodium: 975.69mg (42.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin K: 38.67µg (36.82%), Selenium: 24.94µg (35.63%), Vitamin B12: 2.11µg (35.19%), Zinc: 4.41mg (29.43%), Phosphorus: 260.6mg (26.06%), Vitamin B3:

5.14mg (25.68%), Vitamin B2: 0.34mg (19.86%), Vitamin B6: 0.38mg (19.01%), Iron: 3.4mg (18.87%), Vitamin B1: 0.28mg (18.7%), Manganese: 0.3mg (15.08%), Calcium: 147.42mg (14.74%), Vitamin A: 607.26IU (12.15%), Potassium: 419.07mg (11.97%), Folate: 46.75µg (11.69%), Magnesium: 36.13mg (9.03%), Vitamin B5: 0.84mg (8.37%), Copper: 0.15mg (7.42%), Vitamin E: 1.01mg (6.77%), Fiber: 1.42g (5.68%), Vitamin C: 2.52mg (3.06%), Vitamin D: 0.34µg (2.24%)