



Smart-Choice Easy Mexican Meatloaves

READY IN



70 min.

SERVINGS



10

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp brown sugar
- 14 oz canned tomatoes diced mexican-style undrained canned
- 1.5 cups milk cheddar cheese shredded 2% divided kraft
- 2 eggs
- 2 lb extra-lean ground beef
- 4 cloves garlic minced
- 1 cup taco bell® & chunky salsa thick divided
- 6 oz stove top stuffing mix for chicken

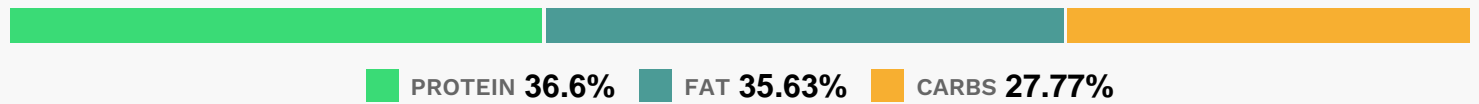
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Mix meat, stuffing mix, tomatoes, 1-1/4 cups cheese, 3/4 cup salsa, eggs and garlic until blended. Shape into 2 loaves in 13x9-inch baking dish.
- Bake 50 min. Meanwhile, mix sugar and remaining salsa until blended.
- Spread salsa mixture over meatloaves; top with remaining cheese.
- Bake 10 min. or until meatloaves are done (160F).

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:17.166087223136%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 302.83kcal (15.14%), Fat: 11.88g (18.28%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 19.04g (6.93%), Sugar: 6.57g (7.3%), Cholesterol: 106.1mg (35.37%), Sodium: 646.04mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.91%), Selenium: 32.12µg (45.88%), Vitamin B12: 2.29µg (38.22%), Zinc: 5.69mg (37.9%), Vitamin B3: 6.77mg (33.84%), Phosphorus: 321.61mg (32.16%), Vitamin B6: 0.53mg (26.46%), Vitamin B2: 0.36mg (21.18%), Iron: 3.65mg (20.28%), Calcium: 174.37mg (17.44%), Potassium: 572.3mg (16.35%), Vitamin B1: 0.19mg (12.55%), Manganese: 0.24mg (11.89%), Folate: 47.07µg (11.77%), Magnesium: 44.75mg (11.19%), Copper: 0.22mg (10.83%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.35mg (9.02%), Vitamin A: 427.94IU (8.56%), Fiber: 1.79g (7.17%), Vitamin C: 4.52mg (5.48%), Vitamin K: 4.11µg (3.91%), Vitamin D: 0.37µg (2.46%)