



Smoky Chipotle Meat Loaf



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce canned (from chilies)
- ☐ 0.3 cup barbecue sauce
- ☐ 2 chipotle chilies canned seeded
- ☐ 2 large eggs
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons catsup
- ☐ 1.5 pounds ground beef lean
- ☐ 1 small onion finely minced

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

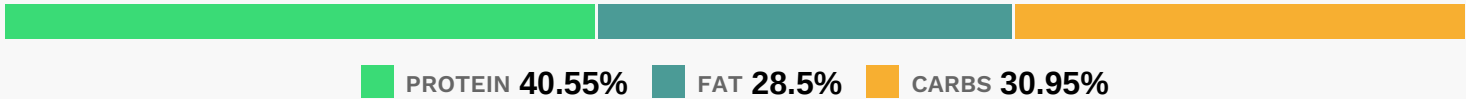
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350F. Mist a 9-by-5-inch loaf pan with cooking spray.
- ☐ Combine barbecue sauce, chipotles, adobo sauce, eggs, Worcestershire sauce, salt and pepper in a food processor and process until smooth.
- ☐ Transfer to a large bowl and add garlic, onion, beef and oats.
- ☐ Mix gently but thoroughly with your hands. Lightly pack mixture into loaf pan.
- ☐ Bake for 45 minutes. Carefully spread ketchup on top and bake for 10 minutes longer, or until an instant-read thermometer inserted into center reaches 160F.
- ☐ Let stand for 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:4.13, Inflammation Score:-3, Nutrition Score:12.963913238567%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 216.44kcal (10.82%), Fat: 6.78g (10.43%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 14.77g (5.37%), Sugar: 6.71g (7.45%), Cholesterol: 99.23mg (33.08%), Sodium: 808.83mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.4%), Vitamin B12: 2.02µg (33.61%), Zinc: 4.88mg (32.52%), Selenium: 22.51µg (32.15%), Manganese: 0.5mg (25.03%), Phosphorus: 249.32mg (24.93%), Vitamin B3: 4.96mg (24.79%), Vitamin B6: 0.4mg (20.13%), Iron: 3.03mg (16.85%), Vitamin B2: 0.23mg (13.47%), Magnesium: 51.82mg (12.96%), Potassium: 429.11mg (12.26%), Vitamin B5: 0.85mg (8.48%), Fiber: 1.79g (7.15%), Vitamin B1: 0.11mg (7.06%), Copper: 0.14mg (6.84%), Vitamin E: 0.68mg (4.55%), Folate: 16.18µg (4.05%), Calcium: 32.97mg (3.3%), Vitamin A: 130.24IU (2.6%), Vitamin D: 0.34µg (2.23%), Vitamin C: 1.59mg (1.93%), Vitamin K: 1.34µg (1.28%)