



South of the Border Mashed Potatoes Meatloaf

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings avocados sliced for garnish
- ☐ 4 ounce bacon & cheddar chipotle potatoes mashed flavored idahoan®
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup bread crumbs
- ☐ 0.5 cup regular corn canned drained
- ☐ 1.5 teaspoons chili powder
- ☐ 1 teaspoon cumin
- ☐ 1 eggs
- ☐ 2 pounds ground beef lean

- ☐ 0.5 cup milk
- ☐ 0.8 cup onion finely chopped
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 cup chunky salsa thick
- ☐ 0.5 teaspoon salt

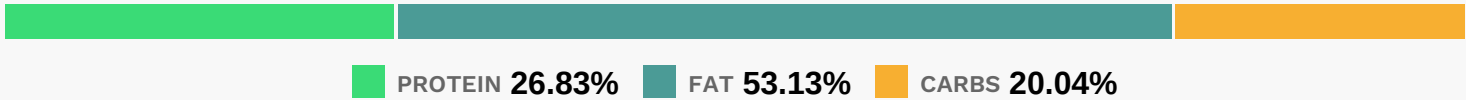
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Prepare mashed potatoes following package directions. Set aside.
- ☐ In a large bowl, combine all the ingredients from beef through black pepper.
- ☐ Mix thoroughly but lightly.
- ☐ Shape mixture into a 10x4-inch loaf.
- ☐ Place on rack coated with cooking spray on broiler pan.
- ☐ Bake 1 hour and 20 minutes, or until internal temperature is 160 degrees F.
- ☐ Let stand 5 minutes then frost with the mashed potatoes. Top with salsa and sliced avocados.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:26.171739173972%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 467.03kcal (23.35%), Fat: 28.04g (43.14%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 15.57g (5.66%), Sugar: 3.93g (4.37%), Cholesterol: 101.95mg (33.98%), Sodium: 562.88mg (24.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Vitamin B3: 9.88mg (49.38%), Zinc: 7.05mg (46.97%), Vitamin B12: 2.79µg (46.49%), Vitamin B6: 0.86mg (42.85%), Selenium: 28.68µg (40.98%), Phosphorus: 363.79mg (36.38%), Fiber: 8.22g (32.89%), Potassium: 1069.34mg (30.55%), Folate: 114.34µg (28.59%), Vitamin C: 23.52mg (28.51%), Vitamin B2: 0.45mg (26.33%), Vitamin B5: 2.5mg (24.96%), Iron: 4.45mg (24.74%), Vitamin K: 24µg (22.86%), Vitamin B1: 0.32mg (21.03%), Vitamin E: 3.03mg (20.17%), Magnesium: 71.61mg (17.9%), Manganese: 0.36mg (17.88%), Copper: 0.35mg (17.48%), Vitamin A: 690.23IU (13.8%), Calcium: 82.23mg (8.22%), Vitamin D: 0.45µg (2.99%)