



Southwestern Meat Loaf

READY IN



75 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 1 cup bread crumbs dry
- ☐ 1 large eggs
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 cup regular corn frozen
- ☐ 3 tablespoons catsup
- ☐ 2 pounds ground beef lean (90 percent)
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup yogurt plain (not nonfat)
- ☐ 0.5 bell pepper red stemmed seeded finely chopped
- ☐ 1.5 teaspoons salt

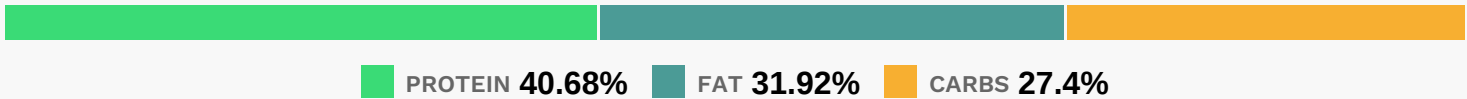
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F. Line a baking sheet with heavy-duty foil.
- ☐ Warm oil in a skillet over medium-high heat.
- ☐ Add onion and bell pepper and cook, stirring, until softened, about 5 minutes. Stir in corn; saut 2 minutes.
- ☐ Transfer to a large bowl to let cool slightly.
- ☐ Add beef, bread crumbs, egg, yogurt, cilantro, chili powder, cumin, salt and pepper to bowl.
- ☐ Mix gently until well combined; do not overmix.
- ☐ Transfer to baking sheet and shape into a 12-by-4-inch loaf.
- ☐ Bake until an instant-read thermometer inserted into center registers 160F, about 1 hour.
- ☐ Spread with ketchup, if desired, and let stand 10 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:18.195652215377%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 287.4kcal (14.37%), Fat: 10.13g (15.59%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 17.63g (6.41%), Sugar: 4.26g (4.73%), Cholesterol: 97.54mg (32.51%), Sodium: 702.69mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Vitamin B12: 2.76µg (45.94%), Zinc: 6.48mg (43.19%), Vitamin B3: 7.8mg (39.02%), Selenium: 26.21µg (37.45%), Phosphorus: 317.07mg (31.71%), Vitamin B6: 0.58mg (29.16%), Iron: 4.07mg (22.6%), Vitamin B2: 0.36mg (21.02%), Potassium: 610.77mg (17.45%), Vitamin C: 12.33mg (14.95%), Vitamin B1: 0.22mg (14.88%), Vitamin A: 694.63IU (13.89%), Manganese: 0.24mg (12.14%), Magnesium: 47.17mg (11.79%), Vitamin B5: 1.13mg (11.31%), Folate: 39.98µg (10%), Calcium: 86.81mg (8.68%), Vitamin E: 1.28mg (8.54%), Copper: 0.17mg (8.27%), Fiber: 1.94g (7.76%), Vitamin K: 7.31µg (6.96%), Vitamin D: 0.27µg (1.79%)