



Southwestern Meat Loaf and Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes
- ☐ 1 tablespoon chili powder
- ☐ 1 cup whole-kernel corn frozen
- ☐ 1 large egg white
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 pound ground round
- ☐ 0.3 cup catsup

- ☐ 0.3 cup regular oats
- ☐ 0.5 cup picante sauce
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

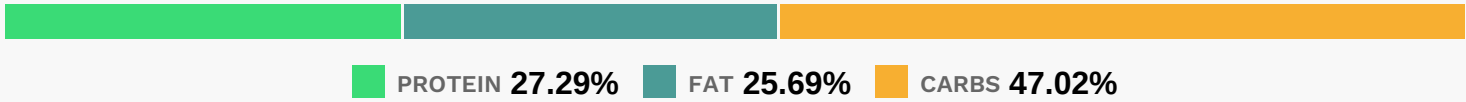
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 8 ingredients in a large bowl; stir well. Shape meat mixture into a 9 x 4-inch loaf on a broiler pan coated with cooking spray.
- ☐ Brush ketchup over meat loaf. Arrange potatoes around meat loaf on broiler pan.
- ☐ Bake at 375 for 50 minutes.
- ☐ Let meat loaf stand 10 minutes before slicing. Split potatoes in half lengthwise; top with sour cream.
- ☐ Sprinkle with chives, if desired.
- ☐ Note: To prepare the meat loaf in advance, shape the ground beef mixture into a loaf, wrap in heavy-duty plastic wrap, and freeze. Thaw overnight in refrigerator; bake as directed above.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:25.75, Inflammation Score:-7, Nutrition Score:24.938695606978%

Flavonoids

Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 445.86kcal (22.29%), Fat: 12.97g (19.95%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 48.24g (17.54%), Sugar: 7.72g (8.57%), Cholesterol: 76.3mg (25.43%), Sodium: 605.81mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Vitamin B6: 1.16mg (58.04%), Zinc: 6.67mg (44.44%), Vitamin B3: 8.88mg (44.41%), Vitamin B12: 2.6µg (43.33%), Phosphorus: 401.84mg (40.18%), Potassium: 1386.05mg (39.6%), Selenium: 25.73µg (36.76%), Manganese: 0.69mg (34.31%), Iron: 5.46mg (30.32%), Vitamin B2: 0.42mg (24.56%), Magnesium: 93.05mg (23.26%), Fiber: 5.15g (20.59%), Vitamin A: 996.42IU (19.93%), Copper: 0.37mg (18.3%), Vitamin B1: 0.27mg (17.91%), Vitamin B5: 1.52mg (15.2%), Vitamin C: 11.93mg (14.46%), Folate: 55.35µg (13.84%), Vitamin E: 1.87mg (12.49%), Vitamin K: 11.17µg (10.64%), Calcium: 102.58mg (10.26%)