

Southwestern Meatloaf

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup kidney beans canned drained
- 2 eggs
- 1.5 lb ground beef lean
- 0.3 cup minute tapioca
- 1 large onion quartered
- 0.5 cup parsley leaves
- 1 cup taco bellâ® & chunky salsa thick divided
- 1.3 oz taco bellâ® taco seasoning mix

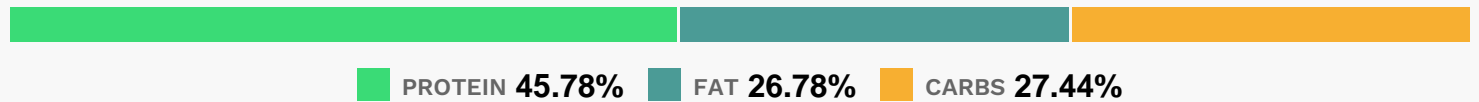
Equipment

- food processor
- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F.
- Place onion, cilantro, tapioca, eggs and taco seasoning mix in food processor container fitted with steel blade; cover. Process using on/off action until finely chopped.
- Add beans; cover. Process, using on/off action, until beans are finely chopped.
- Place in medium bowl.
- Add meat and 1/2 cup of the salsa; mix just until blended. Shape into oval loaf in shallow baking pan.
- Bake 1 hour 15 minutes or until cooked through. Top with remaining 1/2 cup salsa.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.5199999925883%

Flavonoids

Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 42.17kcal (2.11%), Fat: 1.25g (1.92%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.72g (0.8%), Cholesterol: 21.41mg (7.14%), Sodium: 153.94mg (6.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 14.56µg (13.86%), Vitamin B12: 0.46µg (7.63%), Zinc: 1.07mg (7.13%), Selenium: 4.27µg (6.1%), Vitamin B3: 1.18mg (5.91%), Vitamin B6: 0.1mg (5.07%), Phosphorus: 50.27mg (5.03%), Vitamin A: 216.51IU (4.33%), Iron: 0.7mg (3.89%), Potassium: 107.48mg (3.07%), Vitamin B2: 0.05mg (2.87%), Vitamin C: 2.07mg (2.51%), Fiber: 0.56g (2.24%), Vitamin B5: 0.19mg (1.9%), Magnesium: 7.31mg (1.83%), Copper: 0.03mg (1.41%), Folate: 5.23µg (1.31%), Manganese: 0.03mg (1.27%), Vitamin E: 0.18mg (1.2%), Vitamin B1: 0.02mg (1.13%)