



Spicy Meatloaf with Olive Salsa

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz olives black divided pitted drained chopped canned
- 1 cup bread crumbs plain dry
- 2 eggs
- 4 green onions sliced
- 0.8 cup a.1. bold & spicy sauce divided
- 2 lb ground beef lean
- 1 bell pepper red divided chopped
- 11 oz kernel corn whole drained canned

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Mix meat, bread crumbs, 1/2 cup steak sauce, eggs and half each of the peppers and olives until blended. Shape into loaf in foil-lined 13x9-inch pan.
- Bake 1 hour and 10 min. or until done (160F).
- Let stand 10 min.
- Meanwhile, mix corn, onions and remaining steak sauce, peppers and olives until blended.
- Serve spooned over meatloaf.

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.1391303953917%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 72.44kcal (3.62%), Fat: 2.59g (3.98%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.57g (1.75%), Cholesterol: 25.42mg (8.47%), Sodium: 194.79mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Vitamin B12: 0.61µg (10.23%), Zinc: 1.44mg (9.58%), Vitamin B3: 1.75mg (8.76%), Selenium: 6.11µg (8.74%), Phosphorus: 66.63mg (6.66%), Vitamin B6: 0.12mg (6.09%), Vitamin C: 4.76mg (5.77%), Iron: 0.89mg (4.93%), Vitamin B2: 0.07mg (4.2%), Potassium: 122.54mg (3.5%), Vitamin K: 3.36µg (3.2%), Vitamin B1: 0.05mg (3.09%), Vitamin A: 152.8IU (3.06%), Folate: 10.95µg (2.74%), Magnesium: 9.53mg (2.38%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.35mg (2.32%), Manganese: 0.04mg (2.13%),

Copper: 0.04mg (2%), Fiber: 0.41g (1.63%), Calcium: 13.32mg (1.33%)