



## Spicy Salsa Meat Loaf

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup breadcrumbs plain progresso®
- 1 eggs
- 1.5 lb ground beef 80% lean (at least )
- 0.5 teaspoon hot sauce red
- 0.3 cup salsa thick old el paso®

### Equipment

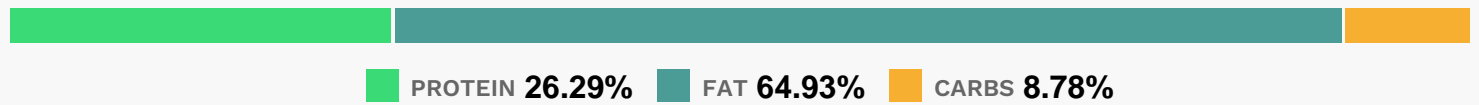
- bowl
- oven

- loaf pan
- kitchen thermometer

## Directions

- Heat oven to 350°F. In large bowl, mix all ingredients except 1/4 cup salsa. Press mixture into ungreased 9x5-inch loaf pan. Top with 1/4 cup salsa.
- Bake 45 to 55 minutes or until meat thermometer inserted in center of loaf reads 160°F.
- Serve with additional salsa if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:11.893478308035%

## Nutrients (% of daily need)

Calories: 337.25kcal (16.86%), Fat: 23.88g (36.73%), Saturated Fat: 9.04g (56.51%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.67g (2.42%), Sugar: 1g (1.11%), Cholesterol: 107.79mg (35.93%), Sodium: 232.15mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Vitamin B12: 2.52µg (42.06%), Zinc: 4.99mg (33.25%), Selenium: 21.63µg (30.9%), Vitamin B3: 5.52mg (27.59%), Phosphorus: 212.04mg (21.2%), Vitamin B6: 0.41mg (20.46%), Iron: 2.81mg (15.61%), Vitamin B2: 0.24mg (14.2%), Potassium: 362.36mg (10.35%), Vitamin B1: 0.14mg (9.51%), Vitamin B5: 0.75mg (7.54%), Magnesium: 25.67mg (6.42%), Manganese: 0.11mg (5.43%), Folate: 21.47µg (5.37%), Copper: 0.1mg (5.23%), Vitamin E: 0.68mg (4.54%), Calcium: 44.05mg (4.4%), Vitamin K: 3.12µg (2.97%), Fiber: 0.6g (2.4%), Vitamin A: 92.14IU (1.84%), Vitamin D: 0.26µg (1.73%)