



Spicy Salsa Meatloaf

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

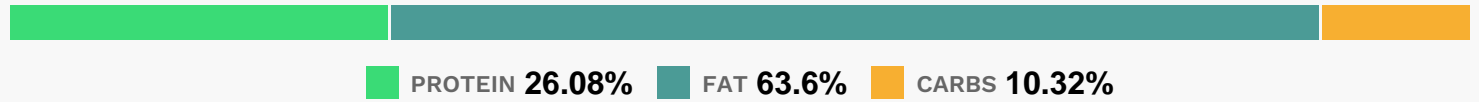
- bowl

- 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:-2, Nutrition Score:12.68304358358%

Nutrients (% of daily need)

Calories: 343.53kcal (17.18%), Fat: 23.92g (36.8%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 7.74g (2.81%), Sugar: 1.83g (2.03%), Cholesterol: 107.79mg (35.93%), Sodium: 374.28mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.13%), Vitamin B12: 2.52µg (42.06%), Zinc: 5.03mg (33.54%), Selenium: 21.82µg (31.17%), Vitamin B3: 5.76mg (28.8%), Vitamin B6: 0.45mg (22.37%), Phosphorus: 218.98mg (21.9%), Iron: 2.9mg (16.12%), Vitamin B2: 0.25mg (14.61%), Potassium: 418.26mg (11.95%), Vitamin B1: 0.15mg (10.01%), Vitamin B5: 0.8mg (7.97%), Magnesium: 28.92mg (7.23%), Manganese: 0.13mg (6.65%), Vitamin E: 0.95mg (6.31%), Copper: 0.12mg (5.93%), Folate: 22.33µg (5.58%), Calcium: 50.12mg (5.01%), Fiber: 0.99g (3.96%), Vitamin A: 196.14IU (3.92%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.26µg (1.73%), Vitamin C: 0.87mg (1.05%)