



Spicy Tex Mex Meatloaf

READY IN



70 min.

SERVINGS



6

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olives black chopped
- 0.1 teaspoon ground pepper
- 0.5 cup cheddar cheese cubed (size of dice)
- 1 tablespoon chili powder
- 2 eggs
- 1 tablespoon cilantro leaves fresh chopped
- 3 garlic clove minced
- 0.5 lb ground pork
- 6 servings jalapeno

- 1 jalapeno minced
- 1.5 lbs ground beef lean
- 1 tablespoon olive oil
- 1 cup onion minced
- 1 cup refried beans
- 0.3 cup salsa hot (or mild as you like)
- 6 servings salsa
- 0.5 teaspoon salt
- 0.5 cup seasoned bread crumbs
- 0.5 cup cheddar cheese shredded
- 6 servings cheese shredded
- 6 servings cream sour

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 350F In heavy skillet, saute onion, garlic, and jalapeno in olive oil until tender, about 5 minutes add bread crumbs. In large bowl, combine eggs, salsa, chili powder, refried beans, black olives, salt, cayenne pepper, cilantro and sauteed vegetables.
- Mix well until thoroughly combined.
- Add ground beef, pork and cubed cheese and mix gently but thoroughly with hands. Shape meat into a loaf and place on a pan.
- Bake at 350 degrees for 55-60 minutes, until internal temperatures registers 160F
- Sprinkle meatloaf with shredded cheese and bake 5 minutes more until cheese melts.
- Place onto serving platter, cover with foil, and let stand 15 minutes before slicing.

Serve with additional salsa, sour cream, cheese and jalapenos!

Nutrition Facts

PROTEIN 33.04% **FAT 53.12%** **CARBS 13.84%**

Properties

Glycemic Index:50.83, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:27.889130385026%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 584.86kcal (29.24%), Fat: 34.14g (52.52%), Saturated Fat: 15.13g (94.57%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 15.78g (5.74%), Sugar: 5.5g (6.11%), Cholesterol: 200.22mg (66.74%), Sodium: 1368.84mg (59.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.54%), Selenium: 47.62µg (68.02%), Vitamin B12: 3.83µg (63.89%), Zinc: 8.7mg (58%), Phosphorus: 561.28mg (56.13%), Vitamin B3: 9.3mg (46.51%), Vitamin B6: 0.84mg (41.83%), Calcium: 370.78mg (37.08%), Vitamin B2: 0.6mg (35.4%), Vitamin B1: 0.48mg (31.89%), Iron: 4.85mg (26.96%), Vitamin A: 1284.74IU (25.69%), Potassium: 792.02mg (22.63%), Fiber: 4.22g (16.9%), Vitamin E: 2.51mg (16.75%), Vitamin B5: 1.58mg (15.82%), Magnesium: 63.26mg (15.81%), Manganese: 0.27mg (13.3%), Vitamin C: 9.69mg (11.74%), Vitamin K: 12.22µg (11.64%), Copper: 0.22mg (10.81%), Folate: 41.75µg (10.44%), Vitamin D: 0.63µg (4.21%)