



Spinach and Pine Nut Meat Loaf

 Very Healthy

READY IN



100 min.

SERVINGS



1

CALORIES



1654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bread
- ☐ 1 eggs
- ☐ 2 teaspoons basil dried fresh chopped
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 1 garlic powder finely chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 1.5 pounds ground beef lean
- ☐ 1 cup milk

- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1 tablespoon worcestershire sauce

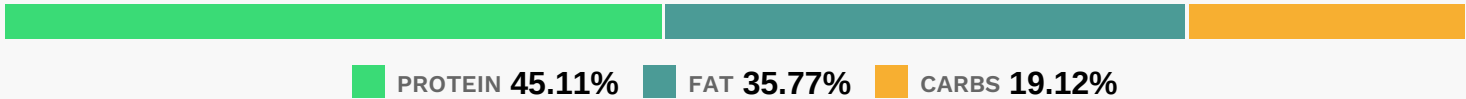
Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix all ingredients.
- ☐ Spread mixture in ungreased loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches, or shape into 9x5-inch loaf in ungreased rectangular pan, 13x9x2 inches.
- ☐ Insert meat thermometer so tip is in center of loaf.
- ☐ Bake uncovered 1 to 1 1/4 hours or until thermometer reads 160°F (170°F if ground pork is used).
- ☐ Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:170.67, Glycemic Load:26.93, Inflammation Score:-10, Nutrition Score:84.446086966473%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg,

Epigallocatechin: 0.7mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg
Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin:
0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin:
0.01mg Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg Kaempferol:
0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 1653.55kcal (82.68%), Fat: 65.41g (100.64%), Saturated Fat: 23.04g (144.01%), Carbohydrates: 78.66g
(26.22%), Net Carbohydrates: 61.93g (22.52%), Sugar: 23.26g (25.84%), Cholesterol: 614.8mg (204.93%), Sodium:
2599.32mg (113.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 185.6g (371.2%), Vitamin K: 1097.12µg
(1044.88%), Vitamin A: 33909.64IU (678.19%), Vitamin B12: 16.95µg (282.5%), Zinc: 39.85mg (265.64%), Selenium:
181.53µg (259.33%), Vitamin B3: 45.1mg (225.52%), Phosphorus: 2098.36mg (209.84%), Manganese: 4.05mg
(202.64%), Vitamin B6: 3.61mg (180.27%), Vitamin B2: 2.85mg (167.62%), Iron: 29.34mg (162.97%), Folate: 566.38µg
(141.6%), Magnesium: 529.99mg (132.5%), Potassium: 4351.3mg (124.32%), Vitamin E: 18.08mg (120.54%), Calcium:
1007.91mg (100.79%), Vitamin B1: 1.15mg (76.34%), Copper: 1.48mg (73.98%), Vitamin B5: 7.12mg (71.23%), Fiber:
16.73g (66.92%), Vitamin D: 4.24µg (28.3%), Vitamin C: 21.03mg (25.49%)