



Stuffed Meatloaf

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach leaves chopped
- 4 slices oscar mayer bacon cut in half
- 1 carrots shredded peeled
- 1 eggs beaten
- 2 cloves garlic finely chopped
- 2 lb ground beef
- 3 hard-cooked eggs peeled sliced
- 1 small onion finely chopped

- 2 tsp oregano leaves dried
- 0.8 cup saltines crushed

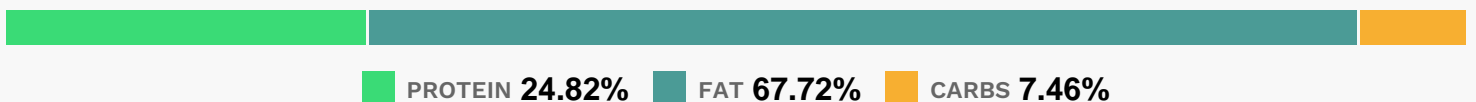
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F.
- Cook and stir onions in skillet on medium heat 3 to 5 min. or until crisp-tender; transfer to medium bowl. Cool.
- Add next 5 ingredients; press half into 10x6-inch rectangle on bottom of 13x9-inch baking dish. Top with spinach, eggs and carrots; cover with remaining meat mixture. Pinch edges together to seal. Top with bacon.
- Bake 55 min. or until done (160F).
- Let stand 10 min. before removing meatloaf from dish and slicing to serve.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:16.688695689906%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 408.06kcal (20.4%), Fat: 30.19g (46.45%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.65g (2.42%), Sugar: 1.09g (1.21%), Cholesterol: 178.17mg (59.39%), Sodium: 250.42mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.79%), Vitamin B12: 2.74µg (45.75%), Selenium: 27.58µg (39.39%), Vitamin A: 1764.7IU (35.29%), Zinc: 5.26mg (35.05%), Vitamin B3: 5.81mg (29.06%), Phosphorus: 253.7mg (25.37%), Vitamin K: 25.75µg (24.52%), Vitamin B6: 0.48mg (23.78%), Vitamin B2: 0.35mg (20.42%), Iron: 3.25mg (18.06%), Potassium: 435.92mg (12.45%), Vitamin B5: 1.05mg (10.51%), Vitamin B1: 0.15mg (10.27%), Folate: 39.04µg (9.76%), Manganese: 0.16mg (8.24%), Magnesium: 30.8mg (7.7%), Vitamin E: 1.05mg (7%), Copper: 0.11mg (5.31%), Calcium: 51.45mg (5.14%), Vitamin D: 0.68µg (4.53%), Fiber: 0.84g (3.34%), Vitamin C: 2.4mg (2.9%)