



Sweet and Spicy Meatloaf



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 2 eggs
- ☐ 1 bell pepper green chopped
- ☐ 2 pounds ground beef lean
- ☐ 0.5 onion chopped
- ☐ 1 cup salsa verde tortilla chips crushed flavored
- ☐ 2 tablespoons worcestershire sauce

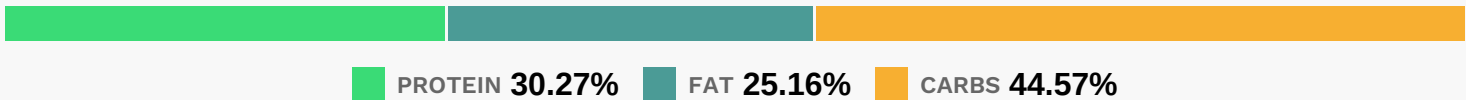
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix ground beef, eggs, onion, barbeque sauce, green bell pepper, diced tomatoes with green chile peppers, Salsa Verde flavored tortilla chips and Worcestershire sauce. Shape into a loaf and place in an 11x7 inch baking pan.
- ☐ Bake in the preheated oven 75 to 90 minutes, or until center of the loaf is no longer pink.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:16.644782719405%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 367.21kcal (18.36%), Fat: 10.13g (15.58%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 37.47g (13.63%), Sugar: 23.58g (26.2%), Cholesterol: 111.23mg (37.08%), Sodium: 968.59mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.82%), Vitamin B12: 2.64µg (43.97%), Zinc: 6.26mg (41.73%), Selenium: 24.63µg (35.18%), Vitamin B3: 6.85mg (34.24%), Phosphorus: 298.93mg (29.89%), Vitamin B6: 0.58mg (28.92%), Vitamin C: 17.66mg (21.4%), Iron: 3.81mg (21.16%), Potassium: 651.75mg (18.62%), Vitamin B2: 0.29mg (17.07%), Magnesium: 49.36mg (12.34%), Vitamin B5: 1.19mg (11.95%), Fiber: 2.89g (11.56%), Vitamin E: 1.51mg (10.07%), Copper: 0.18mg (8.81%), Vitamin B1: 0.1mg (6.69%), Manganese: 0.12mg (6.09%), Calcium: 60.27mg (6.03%), Vitamin K: 5.7µg (5.43%), Vitamin A: 261.25IU (5.22%), Folate: 16.97µg (4.24%), Vitamin D: 0.33µg (2.22%)