



Tex-Mex Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 90% (at least)
- 10 oz tomatoes diced green undrained canned
- 0.3 cup eggs fat-free
- 0.3 cup breadcrumbs plain
- 1 teaspoon penzey's southwest seasoning salt-free
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 serving salsa thick

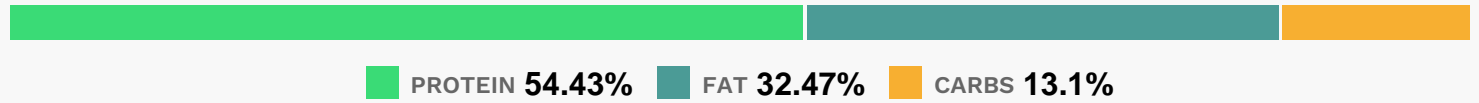
Equipment

- bowl
- oven
- kitchen thermometer
- glass baking pan

Directions

- Heat oven to 375°F. In large bowl, mix all ingredients except salsa. Spoon mixture into 11x7-inch (2-quart) glass baking dish; pat into 9x5-inch loaf.
- Bake uncovered about 1 hour or until meat thermometer inserted in center reads 160°F.
- Drain any liquid before slicing.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:15.220434779706%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 201.56kcal (10.08%), Fat: 7.1g (10.92%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.17g (1.88%), Sugar: 1.71g (1.9%), Cholesterol: 107.97mg (35.99%), Sodium: 230.95mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.56%), Vitamin B12: 2.65µg (44.1%), Zinc: 6.1mg (40.65%), Vitamin B3: 7.02mg (35.12%), Selenium: 24.19µg (34.56%), Vitamin B6: 0.55mg (27.3%), Phosphorus: 266.56mg (26.66%), Iron: 4.16mg (23.09%), Vitamin B2: 0.28mg (16.66%), Potassium: 540.55mg (15.44%), Vitamin B5: 0.99mg (9.85%), Magnesium: 38.03mg (9.51%), Vitamin B1: 0.12mg (8.1%), Manganese: 0.16mg (7.79%), Copper: 0.15mg (7.68%), Vitamin K: 7.74µg (7.37%), Vitamin E: 1.1mg (7.35%), Calcium: 57.57mg (5.76%), Vitamin C: 4.54mg (5.51%), Folate: 21.31µg (5.33%), Fiber: 1.27g (5.08%), Vitamin A: 252.6IU (5.05%), Vitamin D: 0.32µg (2.11%)