



Tex-Mex Meatloaf

READY IN



70 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs plain
- 10 oz tomatoes diced green undrained canned
- 1 teaspoon chili powder
- 0.3 cup eggs fat-free
- 1.5 lb ground beef 90% (at least)
- 1 teaspoon alouette garlic & herbs spreadable cheese salt-free
- 1 teaspoon ground cumin
- 6 servings salsa thick

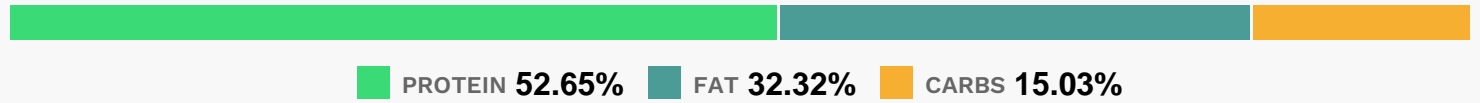
Equipment

- bowl
- oven
- kitchen thermometer
- glass baking pan

Directions

- Heat oven to 375F. 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 160F.
- Drain any liquid before slicing.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:15.515217221302%

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: 209.97kcal (10.5%), Fat: 7.4g (11.39%), Saturated Fat: 3.1g (19.45%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.34g (2.31%), Sugar: 2.69g (2.99%), Cholesterol: 108.86mg (36.29%), Sodium: 410.14mg (17.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.25%), Vitamin B12: 2.65µg (44.1%), Zinc: 6.13mg (40.86%), Vitamin B3: 7.28mg (36.42%), Selenium: 24.39µg (34.85%), Vitamin B6: 0.58mg (29.22%), Phosphorus: 273.88mg (27.39%), Iron: 3.96mg (22.03%), Potassium: 599mg (17.11%), Vitamin B2: 0.29mg (16.91%), Vitamin B5: 1.03mg (10.31%), Magnesium: 39.81mg (9.95%), Vitamin B1: 0.13mg (8.63%), Vitamin E: 1.28mg (8.52%), Copper: 0.17mg (8.29%), Vitamin A: 366.62IU (7.33%), Manganese: 0.14mg (7.24%), Vitamin C: 5.03mg (6.1%), Fiber: 1.4g (5.61%), Calcium: 51.92mg (5.19%), Folate: 20.43µg (5.11%), Vitamin K: 3.75µg (3.57%), Vitamin D: 0.32µg (2.11%)