



Tomato-Basil Meat Loaves

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs italian progresso®
- ☐ 2 teaspoons basil dried
- ☐ 3 eggs
- ☐ 0.5 cup catsup
- ☐ 2 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion finely chopped (1 medium)
- ☐ 1 cup plum tomatoes italian chopped (3 medium)
- ☐ 0.5 teaspoon salt

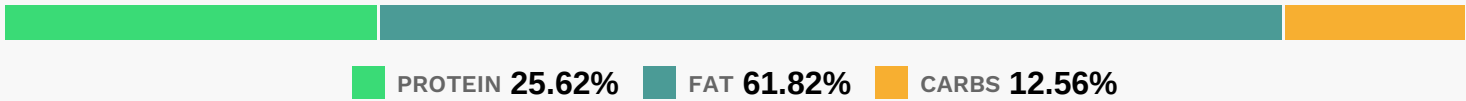
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In large bowl, beat eggs. Stir in all remaining ingredients until well blended. On large sheet of waxed paper, shape mixture into 4 (6 1/2x3-inch) loaves. Wrap 3 meat loaves tightly in heavy-duty foil; freeze up to 2 months.
- ☐ Place 1 loaf in ungreased shallow baking pan; bake 40 to 50 minutes or until thoroughly cooked in center and meat thermometer reads 160°F.
- ☐ Let meat loaf stand 5 minutes before serving.
- ☐ To thaw frozen meat loaf, place in refrigerator for 24 hours, or unwrap and place on microwavable plate; microwave on Defrost about 10 minutes or until thawed.
- ☐ Bake meat loaf as directed above.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:14.316956623741%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 363.34kcal (18.17%), Fat: 24.7g (38%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 10.32g (3.75%), Sugar: 4.88g (5.42%), Cholesterol: 141.89mg (47.3%), Sodium: 432.28mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.07%), Vitamin B12: 2.6µg (43.29%), Zinc: 5.16mg (34.41%), Selenium: 23.94µg (34.2%), Vitamin B3: 5.67mg (28.34%), Phosphorus: 237.56mg (23.76%), Vitamin B6: 0.47mg (23.26%), Vitamin B2: 0.31mg (18.04%), Iron: 3.19mg (17.74%), Potassium: 475.62mg (13.59%), Vitamin B1: 0.14mg (9.2%), Vitamin K: 9.65µg (9.19%), Vitamin B5: 0.91mg (9.07%), Vitamin A: 414.46IU (8.29%), Manganese: 0.16mg (8.22%), Magnesium: 32.14mg (8.04%), Folate: 31.38µg (7.84%), Vitamin E: 1.05mg (7.01%), Copper: 0.14mg (6.89%), Vitamin C: 5.41mg (6.56%), Calcium: 55.2mg (5.52%), Fiber: 0.97g (3.87%), Vitamin D: 0.44µg (2.96%)