



Unbelievable Asian Meatloaf



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots packed grated
- ☐ 2 tbsps chili sauce
- ☐ 1 bunch cilantro leaves minced
- ☐ 1 cup coconut milk (lite ok)
- ☐ 2 eggs
- ☐ 2 tablespoons ginger fresh grated
- ☐ 2.5 pounds ground beef lean
- ☐ 1 cup old fashioned oats (health food stores)

- ☐ 1 bunch scallions very thin sliced
- ☐ 3 tbsps sesame oil toasted

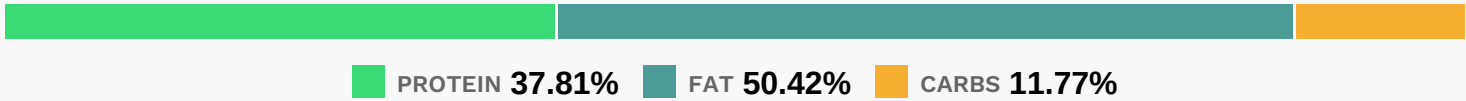
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ Mix all ingredients thoroughly.
- ☐ Pour the mixture into a loaf pan.
- ☐ Bake about 1 hour, or until just barely firm.
- ☐ Let the loaf rest just a few minutes before slicing. Delicious at room temperature as well.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:29.493043557457%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 484kcal (24.2%), Fat: 26.86g (41.32%), Saturated Fat: 13g (81.22%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 11.83g (4.3%), Sugar: 2.01g (2.23%), Cholesterol: 171.74mg (57.25%), Sodium: 234.55mg (10.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.32g (90.65%), Vitamin A: 3807IU (76.14%), Vitamin B12: 4.36µg (72.73%), Zinc: 10.6mg (70.68%), Selenium: 41.42µg (59.17%), Vitamin B3: 11.13mg (55.64%), Phosphorus: 507.8mg (50.78%), Manganese: 0.85mg (42.54%), Vitamin B6: 0.84mg (41.77%), Iron: 6.77mg (37.63%), Potassium: 920.39mg (26.3%), Vitamin B2: 0.41mg (24.37%), Magnesium: 84.62mg (21.16%), Vitamin B5: 1.72mg (17.21%), Vitamin K: 17.32µg (16.5%), Copper: 0.32mg (16.03%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.27g (9.08%), Folate: 34.09µg (8.52%), Vitamin E: 1.14mg (7.57%), Calcium: 51.22mg (5.12%), Vitamin C: 3.66mg (4.44%), Vitamin D:

0.48µg (3.22%)