



VELVEETA® Cheesy Southwest Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp chili powder
- 1 eggs lightly beaten
- 0.3 cup bell pepper green chopped
- 1.5 lb ground beef
- 10 oz ro*tel tomatoes & chilies diced green drained canned
- 3 slices bread white
- 8 oz velveeta®
- 8 oz velveeta®

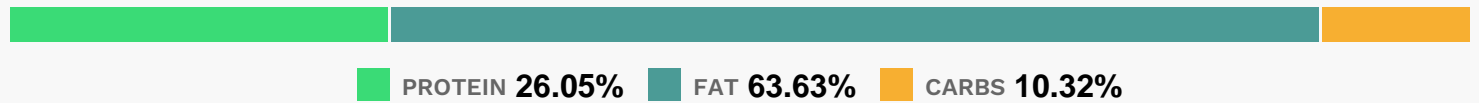
Equipment

- frying pan
- oven
- loaf pan

Directions

- Preheat oven to 375F.
- Mix all ingredients just until blended.
- Shape into loaf in 9x5-inch loaf pan.
- Bake 1 hour or until cooked through.
- Remove from pan.
- Let stand 5 minutes before cutting into slices to serve.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:5.7521739705749%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 137.82kcal (6.89%), Fat: 9.62g (14.81%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3g (1.09%), Sugar: 0.86g (0.96%), Cholesterol: 43.12mg (14.37%), Sodium: 65.33mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.73%), Vitamin B12: 1µg (16.61%), Zinc: 2.03mg (13.52%), Selenium: 8.94µg (12.77%), Vitamin B3: 2.32mg (11.62%), Vitamin B6: 0.18mg (9.22%), Phosphorus: 89.24mg (8.92%), Iron: 1.22mg (6.78%), Vitamin B2: 0.1mg (5.89%), Vitamin A: 289.25IU (5.79%), Vitamin C: 4.59mg (5.56%), Potassium: 188.53mg (5.39%), Vitamin B1: 0.06mg (3.69%), Folate: 13.29µg (3.32%), Manganese: 0.07mg (3.28%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.48mg (3.18%), Magnesium: 12.28mg (3.07%), Vitamin K: 2.89µg (2.75%),

Copper: 0.05mg (2.62%), Calcium: 23.68mg (2.37%), Fiber: 0.51g (2.04%)