



Yummy Veal Meat Loaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baby carrots shredded
- ☐ 0.5 teaspoon chili powder
- ☐ 1 teaspoon parsley dried
- ☐ 1 eggs beaten
- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 pounds ground veal
- ☐ 1 cup seasoned bread crumbs italian

- ☐ 1 cup catsup
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon salt

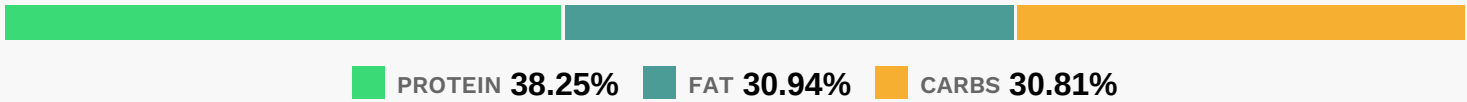
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a bowl, mix the veal, bread crumbs, egg, baby carrots, 1/2 cup ketchup, garlic, and onion. Season with salt, parsley, chili powder, and pepper.
- ☐ Transfer to an 8x8 inch pan, and form into a loaf shape. Top with remaining ketchup.
- ☐ Cover, and bake 45 minutes in the preheated oven.
- ☐ Remove cover, and continue baking 15 minutes, or to an internal temperature of 160 degrees F (70 degrees C).
- ☐ Let sit 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:15.685652328574%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 266.97kcal (13.35%), Fat: 9.1g (13.99%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.14g (6.96%), Sugar: 7.97g (8.86%), Cholesterol: 113.6mg (37.87%), Sodium: 870.84mg (37.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Vitamin B3: 9.93mg (49.64%), Vitamin B6: 0.58mg (29.02%), Phosphorus: 281.99mg (28.2%), Vitamin B12: 1.62µg (27.02%), Vitamin B2: 0.45mg (26.52%), Zinc: 3.85mg (25.68%), Selenium: 15.06µg (21.52%), Vitamin A: 986.3IU (19.73%), Vitamin B5: 1.72mg (17.2%), Vitamin B1: 0.25mg (16.6%), Potassium: 519.49mg (14.84%), Manganese: 0.27mg (13.42%), Iron: 2mg (11.14%), Folate: 41.33µg (10.33%), Copper: 0.21mg (10.26%), Magnesium: 40.92mg (10.23%), Vitamin K: 8.88µg (8.46%), Calcium: 59mg (5.9%), Vitamin E: 0.88mg (5.88%), Fiber: 1.25g (5%), Vitamin C: 2.84mg (3.45%)