



Zucchini Meat Loaf

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs plain progresso®
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 eggs slightly beaten
- ☐ 2 tablespoons catsup
- ☐ 1.5 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon mustard yellow
- ☐ 2 cups zucchini shredded (1 large or 2 small)

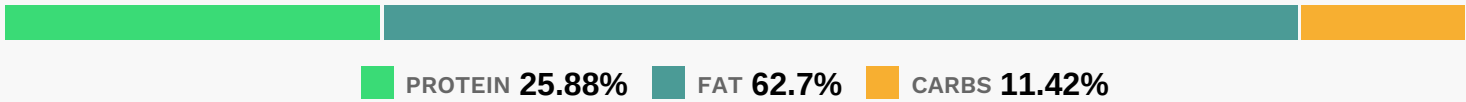
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 350°F. In large bowl, mix all meat loaf ingredients until well blended. Press mixture into ungreased 9 1/2-inch deep-dish glass pie plate.
- ☐ Bake 35 minutes.
- ☐ Meanwhile, in small bowl, mix all topping ingredients.
- ☐ Remove meat loaf from oven; pour off drippings.
- ☐ Spread topping over loaf. Return to oven; bake 10 to 15 minutes longer or until thoroughly cooked in center and meat thermometer reads 160°F.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:10.518260841784%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 267.63kcal (13.38%), Fat: 18.42g (28.34%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.83g (2.48%), Sugar: 3.64g (4.05%), Cholesterol: 101.3mg (33.77%), Sodium: 436.89mg (19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin B12: 1.93µg (32.23%), Zinc: 3.89mg (25.91%), Selenium: 17.52µg (25.03%), Vitamin B3: 4.11mg (20.56%), Vitamin B6: 0.37mg (18.28%), Phosphorus: 178.95mg (17.9%), Vitamin B2: 0.23mg (13.67%), Iron: 2.27mg (12.62%), Potassium: 359.74mg (10.28%), Vitamin C: 6.2mg (7.52%), Vitamin B5: 0.7mg (6.99%), Manganese: 0.14mg (6.87%), Vitamin B1: 0.1mg (6.85%), Folate: 25.33µg (6.33%), Magnesium: 25.18mg (6.3%), Copper: 0.1mg (4.81%), Calcium: 40.65mg (4.07%), Vitamin K: 4.22µg (4.02%), Vitamin E: 0.59mg (3.9%), Fiber: 0.72g (2.88%), Vitamin A: 143.46IU (2.87%), Vitamin D: 0.31µg (2.03%)