



Zucchini Ranch Meatloaf

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs plain
- 1 eggs
- 0.5 bell pepper diced green
- 1 pound ground beef
- 1 pound pd of ground turkey
- 0.3 cup catsup
- 0.5 cup onions diced
- 1 ounce ranch dressing mix

- 1 cup cheddar cheese shredded
- 0.3 cup steak sauce
- 1 teaspoon worcestershire sauce
- 0.8 cup zucchini shredded

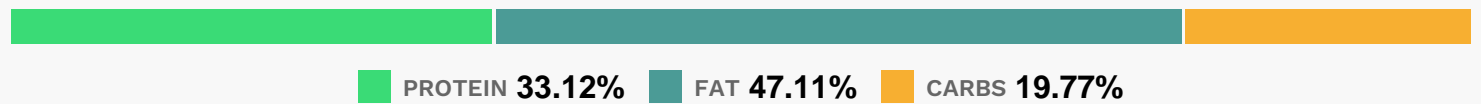
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- Mix the ground beef, ground turkey, zucchini, onions, green bell pepper, egg, Worcestershire sauce, Cheddar cheese, bread crumbs, and ranch dressing mix until well combined. Form the mixture into a loaf in the middle of the prepared baking dish.
- Stir together the ketchup and steak sauce in a small bowl.
- Pour the sauce over the top of the meatloaf.
- Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:16.271739099337%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 358.81kcal (17.94%), Fat: 18.57g (28.57%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 16.38g (5.96%), Sugar: 4.19g (4.66%), Cholesterol: 106.03mg (35.34%), Sodium: 732.7mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Vitamin B3: 9.09mg (45.44%), Selenium: 30.31µg (43.3%), Vitamin B6: 0.77mg (38.58%), Phosphorus: 329.79mg (32.98%), Vitamin B12: 1.75µg (29.14%), Zinc: 4.26mg (28.37%), Vitamin B2: 0.32mg (18.73%), Calcium: 147.79mg (14.78%), Vitamin B1: 0.21mg (14.29%), Iron: 2.56mg (14.24%), Potassium: 473.32mg (13.52%), Vitamin C: 9.71mg (11.77%), Magnesium: 42.52mg (10.63%), Vitamin B5: 1.05mg (10.48%), Manganese: 0.2mg (9.94%), Folate: 35.26µg (8.81%), Copper: 0.15mg (7.37%), Vitamin A: 297.2IU (5.94%), Fiber: 1.15g (4.61%), Vitamin E: 0.69mg (4.57%), Vitamin K: 3.75µg (3.57%), Vitamin D: 0.48µg (3.19%)