



SPICY MEATLOAF

You can turn a regular meatloaf in very spicy, or just adjust to taste, delicious with fresh lettuce and romaine or with roasted potatoes

🕒 20 minutes

🕒 1 hour and 20 minutes

🍴 8 portions

INGREDIENTS

- 1 spray, about 1/3 second (1 NLEA serving) of oil, PAM cooking spray, original (0 g)
- 700 grams of beef, ground, regular, raw
- 1 cup of cereals, QUAKER, Quick Oats with Iron, Dry (80 g)
- 1 medium onion chopped raw
- 1/2 tsp of spices, garlic powder (2 g) or 1 clove of garlic, raw (3 g)
- 100 grams of peppers, chili, green, canned
- 1 large unit of egg, whole, raw, fresh (50 g)
- 1 tbsp of spices, chili powder (8 g)
- 2 whole tsps of spices, cumin seed (4 g)
- 1 cup of tomato products, canned, sauce, with tomato tidbits (244 g)

COOKING METHOD

- 1° preheat oven to 375F. Coat a loaf pan with cooking spray
- 2° Combine all the ingredients , except half of the tomato sauce, in a large mixing bowl, set remaining tomato sauce aside. Spoon meatloaf mixture into prepared pan and smooth top
- 3° Bake for 60 min Spoon remaining sauce over meatloaf and cook 5 min more. slice into 8 pieces.
- 4° Yield 1 piece per serving
- 5° Adjust chili to taste

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (150 g)	% DRI
ENERGY	214 kcal	321 kcal	16 %
FAT	16 g	23 g	36 %
FATTY ACIDS, TOTAL SATURATED	6 g	9 g	46 %
CHOLESTEROL	54 mg	81 mg	27 %
SODIUM	97 mg	146 mg	6 %
CARBOHYDRATE	7 g	11 g	4 %
SUGARS	0 g	0 g	—
FIBER	1 g	2 g	8 %
PROTEIN	12 g	17 g	—