

Rice-Stuffed Meat Loaf

Kay Kelly

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 1/2 pounds ground beef
1/4 cup onion, minced
2/3 cup breadcrumbs
2 eggs, slightly beaten
1/2 cup milk
1 1/2 teaspoons salt
1/2 teaspoon sage
1/8 teaspoon pepper
STUFFING
1 1/2 cups cooked rice
1 egg, beaten
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk
1/4 teaspoon thyme
tomato sauce (for garnish)

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients for the meat loaf. Place one-half of the mixture in a loaf pan.

In a bowl, combine all of the ingredients for the stuffing. Spread the mixture on top of the meat mixture in the loaf pan.

Spread the remaining meat mixture on top of the stuffing.

Bake for one hour and 15 minutes.

Let stand in the pan for 15 minutes before serving.

Garnish with favorite tomato sauce,

Per Serving (excluding unknown items): 471 Calories; 34g Fat (65.7% calories from fat); 24g Protein; 15g Carbohydrate; trace Dietary Fiber; 207mg Cholesterol; 928mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	471	Vitamin B6 (mg):	.8mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	13.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	34g	Folacin (mcg):	50mcg

Saturated Fat (g): 14g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 207mg
Carbohydrate (g): 15g
Dietary Fiber (g): trace
Protein (g): 24g
Sodium (mg): 928mg
Potassium (mg): 370mg
Calcium (mg): 73mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 166IU
Vitamin A (r.e.): 47RE

Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 471 **Calories from Fat:** 309

% Daily Values*

Total Fat	34g	52%
	Saturated Fat 14g	68%
Cholesterol	207mg	69%
Sodium	928mg	39%
Total Carbohydrates	15g	5%
	Dietary Fiber trace	2%
Protein	24g	
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Vitamin A		3%
Vitamin C		1%
Calcium		7%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.