

# Southwestern Meatloaf

*www.CampbellsKitchen.com*

## Servings: 6

*1 can (10-1/4 ounce) beef gravy, divided*

*2 pounds ground beef*

*2 cups fresh bread crumbs*

*1 egg, beaten*

*1/2 cup picante sauce, divided*

## Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a large bowl, thoroughly mix 1/4 cup of beef gravy, ground beef, bread crumbs, egg and 1/4 cup of the picante sauce.

Place the beef mixture into a three-quart shallow baking pan. Shape firmly into an 8x4-inch loaf.

Bake for one hour and 15 minutes or until the meatloaf is cooked through.

In a one-quart saucepan over medium heat, heat two tablespoons of drippings, the remaining gravy and remaining picante sauce to a boil.

Serve the sauce with the meatloaf.

Start to Finish Time: 1 hour 30 minutes

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Per Serving (excluding unknown items): 554 Calories; 43g Fat (70.3% calories from fat); 29g Protein; 11g Carbohydrate; trace Dietary Fiber; 166mg Cholesterol; 625mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 6 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	554	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	70.3%	<b>Vitamin B12 (mcg):</b>	4.2mcg
<b>% Calories from Carbohydrates:</b>	8.1%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	21.6%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	43g	<b>Folacin (mcg):</b>	23mcg
<b>Saturated Fat (g):</b>	17g	<b>Niacin (mg):</b>	8mg

**Monounsaturated Fat (g):** 19g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 166mg  
**Carbohydrate (g):** 11g  
**Dietary Fiber (g):** trace  
**Protein (g):** 29g  
**Sodium (mg):** 625mg  
**Potassium (mg):** 464mg  
**Calcium (mg):** 43mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 93IU  
**Vitamin A (r.e.):** 17RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 4  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 554 **Calories from Fat:** 389

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#### % Daily Values\*

<b>Total Fat</b> 43g		66%
Saturated Fat 17g		86%
<b>Cholesterol</b> 166mg		55%
<b>Sodium</b> 625mg		26%
<b>Total Carbohydrates</b> 11g		4%
Dietary Fiber trace		1%
<b>Protein</b> 29g		
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		1%
<b>Calcium</b>		4%
<b>Iron</b>		20%

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