

Secret Ingredient Meatloaf

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1 1/2 pounds ground beef
1 egg
1 cup chunky salsa
1 cup ranch-flavored tortilla chips,
coarsely crushed
1 cup (4 ounces) shredded Mexican
cheese blend, divided
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon black pepper

Preheat the oven to 350 degrees.

Coat a 9x5-inch loaf pan with cooking spray.

In a large bowl, combine the beef, egg, salsa, tortilla chips, 1/2 cup of cheese, the chili powder, cumin, salt and pepper. Mix well. Place in the loaf pan.

Bake for 55 to 60 minutes, or until no pink remains. Sprinkle the remaining cheese over the meatloaf and cook another 2 minutes or until the cheese is melted.

Let stand for 5 minutes, then slice and serve.

Per Serving (excluding unknown items): 2198 Calories; 186g Fat (77.4% calories from fat); 120g Protein; 3g Carbohydrate; 1g Dietary Fiber; 791mg Cholesterol; 1626mg Sodium. Exchanges: 0 Grain(Starch); 17 Lean Meat; 28 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	2198
% Calories from Fat:	77.4%
% Calories from Carbohydrates:	0.5%
% Calories from Protein:	22.1%
Total Fat (g):	186g
Saturated Fat (g):	75g
Monounsaturated Fat (g):	81g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	791mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	1.7mg
Vitamin B12 (mcg):	18.7mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	74mcg
Niacin (mg):	31mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 120g
 Sodium (mg): 1626mg
 Potassium (mg): 1692mg
 Calcium (mg): 106mg
 Iron (mg): 14mg
 Zinc (mg): 25mg
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 1131IU
 Vitamin A (r.e.): 158 1/2RE

Grain (Starch): 0
 Lean Meat: 17
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 28
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2198 Calories from Fat: 1701

% Daily Values*

Total Fat	186g	287%
Saturated Fat	75g	375%
Cholesterol	791mg	264%
Sodium	1626mg	68%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Protein	120g	
Vitamin A		23%
Vitamin C		3%
Calcium		11%
Iron		77%

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