Nutrient Analysis

PER SERVING: ⅙ of recipe

RENAIL EXCHANGE: 4 Lean meat + 1 Vegetable

Calories 247 Kcal
Sodium 90 mg
Protein 30 g
Potassium 393 mg
Total Carbohydrate 17 g
Phosphorus 207 mg
Fiber 3 g
Calcium 40 mg
Sugars 4 g
Iron 3 mg
Fat 11 g
Magnesium 35 mg
Saturated 4 g
Vitamin C 4 mg
Cholesterol 80 mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

Amazing Meatloaf

PREPARATION: 20 MINUTES
COOKING: 1 HOUR
SERVING: 6
AMAZING MEATLOAF

INGREDIENTS

1 tablespoon olive oil
1 cup frozen mixed vegetables
½ cup frozen peas
½ teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons dried oregano
1 teaspoon dried thyme
2 teaspoons paprika
Freshly ground pepper to taste

1 lb lean ground beef
1 egg
1 tablespoon cider vinegar
½ cup unsweetened applesauce
½ cup no salt added beef broth
½ cup uncooked small pasta
(such as orzo or other tiny soup variety)

PREPARATION

1. Preheat oven to 350°F degrees (conventional oven).
2. Over medium-high heat sauté vegetables in the olive oil for 5 minutes, stirring frequently.
3. In a small dish, combine dried spices and add them to the vegetables for the last minute of frying.
4. In a bowl, mix together meat, egg, vinegar, applesauce, broth and pasta.
5. Add the vegetables to the meat mixture and combine well.
6. Lightly coat a 9 × 5 inch loaf pan with cooking spray. Put the meat mixture into the pan and tap it down evenly.
7. Bake in oven for 1 hour.

SUGGESTION

✓ Cold meat loaf is delicious on sandwiches!

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