

Meatloaf

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-meatloaf-recipe>

Ingredients:

- 1 pound ground beef 85/15
- 1/2 cup almond meal
- 2 tablespoons fresh Italian parsley
- 1/2 cup grated Parmesan cheese
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 eggs
- 1/3 cup tomato sauce
- 2 1/2 teaspoons coconut sugar
- 1 1/2 teaspoons dry mustard

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 95 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 7 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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