

Mexican Meat Loaf

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-meat-loaf>

Ingredients:

- 3/4 cup milk
- 2 eggs lightly beaten
- 1/2 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1 1/2 pounds lean ground beef
- 16 ounces picante sauce

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 145 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 830 milligrams
9. Sugar: 5 grams

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