

Pizza Meat Loaf

Serves 6

Ingredients:

- 12 ounces (about 1/2 of a 24-ounce can) pork, drained
- 1/2 cup green pepper, chopped
- 1/4 onion, finely chopped
- 3/4 cup canned low-sodium tomato sauce
- 1/4 cup low-fat cheese, shredded



Directions:

1. Preheat oven to 350 degrees F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.

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Nutrition Facts				
Serving Size 1 slice				
Servings Per Container 6				
Amount Per Serving				
Calories 140				
Total Fat 8g				
Saturated Fat 4g				
Trans Fat				
Cholesterol 50mg				
Sodium 160mg				
Total Carbohydrate 3g				
Dietary Fiber 1g				
Sugars 2g				
Protein 14g				
Vitamin A 12 RAE	Vitamin C 16mg			
Calcium 58mg	Iron 1mg			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
Total Fat	Less than 65g	2,000	80g	2,500
Saturated Fat	Less than 20g	300mg	25g	300mg
Cholesterol	Less than 300mg	2,400mg	300mg	2,400mg
Sodium	Less than 300g	300g	375g	375g
Total Carbohydrate	Less than 25g	30g	25g	30g
Dietary Fiber				
Calories per gram:		Fat 9 - Carbohydrate 4 - Protein 4		

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



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