



NutraFiber® Flakes™ High Fiber Meat Loaf



What you need:

- 1 lb 80% lean ground beef
- 3/4 cup and 2 tbsp fat free milk
- 1/2 cup barbecue sauce
- 1 large egg
- 1/2 cup NutraFiber® Flakes™
- 2 tbsp Worcestershire sauce
- 1 1/2 tsp salt
- 1/4 tsp white pepper, ground

Instructions:

1. Preheat oven to 350 °F.
2. Mix all ingredients except barbecue sauce in a large bowl.
3. Transfer mixture to a 5 x 9 inch ungreased pan.
4. Pour barbecue sauce over the top of the meatloaf.
5. Bake uncovered for about 1 hour or until center is no longer pink, or internal temperature reaches 160 °F.

Nutritional Information Serving size: 3.0 oz (85 g)	Amount per serving
Total Carbohydrate, g	9.1
Total Fiber, g	2.5
Net Carbohydrate, g	6.6
Total Protein, g	8.6
Total Fat, g	8.8
Total Calories, kcal	140.0