



A.1. Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs fresh
- 8 oz tomato sauce divided canned
- 2 eggs beaten
- 0.5 tsp ground pepper black
- 0.3 cup a.1. original sauce
- 2 lb ground beef lean
- 1 onion chopped

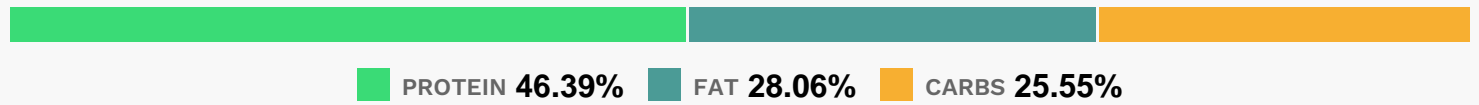
Equipment

- oven
- loaf pan

Directions

- Heat oven to 350F.
- Reserve half the tomato sauce.
- Mix remaining tomato sauce with remaining ingredients just until blended.
- Press meat mixture into 9x5-inch loaf pan sprayed with cooking spray.
- Bake 1 hour or until done (160F), draining fat and topping meatloaf with reserved sauce after 50 min.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:12.441739030506%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 199.24kcal (9.96%), Fat: 6.04g (9.29%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.33g (4.12%), Sugar: 3.8g (4.22%), Cholesterol: 88.98mg (29.66%), Sodium: 354.02mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Vitamin B12: 2.15µg (35.8%), Zinc: 4.96mg (33.05%), Selenium: 21.4µg (30.58%), Vitamin B3: 5.95mg (29.73%), Phosphorus: 224.34mg (22.43%), Vitamin B6: 0.42mg (20.97%), Iron: 3.09mg (17.14%), Vitamin B2: 0.25mg (14.57%), Potassium: 431.95mg (12.34%), Vitamin B1: 0.16mg (10.38%), Vitamin B5: 0.86mg (8.62%), Manganese: 0.16mg (8.1%), Magnesium: 30.33mg (7.58%), Copper: 0.14mg (6.77%), Folate: 24.38µg (6.09%), Vitamin E: 0.68mg (4.57%), Fiber: 1.04g (4.15%), Calcium: 39mg (3.9%), Vitamin A: 146.49IU (2.93%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.85µg (1.77%)