



All American Meatloaf

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices cheddar cheese halved
- ☐ 0.5 teaspoon basil dried
- ☐ 2 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 pounds ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup catsup

- ☐ 2 tablespoons catsup
- ☐ 0.5 cup milk
- ☐ 1 onion chopped
- ☐ 1 cup cooking oats quick
- ☐ 1 teaspoon salt

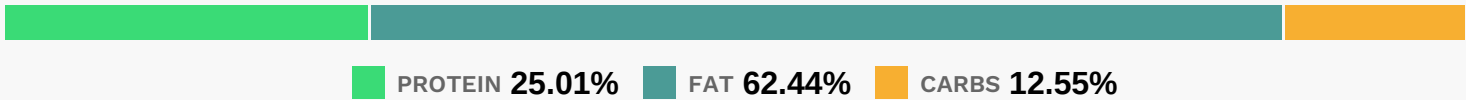
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix ground beef, quick oats, onion, milk, eggs, 1/4 cup ketchup, parsley, garlic, salt, basil, and black pepper together in a large bowl until thoroughly combined; pat the mixture into a 9x5-inch loaf pan.
- ☐ Bake meatloaf in the preheated oven until firm and no longer pink inside, 1 to 1 1/4 hours. An instant-read meat thermometer inserted into the center of the meat loaf should read at least 160 degrees F (70 degrees C).
- ☐ Remove from oven, spread 2 tablespoons ketchup over loaf, and top with Cheddar cheese slices; return to oven and bake until cheese has melted, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:22.749130560004%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 538.12kcal (26.91%), Fat: 37.13g (57.12%), Saturated Fat: 14.78g (92.38%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 15.01g (5.46%), Sugar: 5.26g (5.85%), Cholesterol: 175.68mg (58.56%), Sodium: 730.31mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.92%), Vitamin B12: 3.6µg (59.93%), Selenium: 35.65µg (50.93%), Zinc: 7.54mg (50.25%), Vitamin K: 46.63µg (44.41%), Phosphorus: 414.06mg (41.41%), Vitamin B3: 6.82mg (34.09%), Manganese: 0.67mg (33.65%), Vitamin B6: 0.6mg (30.13%), Vitamin B2: 0.42mg (24.65%), Iron: 4.18mg (23.2%), Magnesium: 75.35mg (18.84%), Potassium: 604.23mg (17.26%), Calcium: 160.21mg (16.02%), Vitamin B5: 1.25mg (12.47%), Vitamin B1: 0.17mg (11.46%), Vitamin A: 514.74IU (10.29%), Copper: 0.19mg (9.25%), Folate: 33.1µg (8.28%), Vitamin E: 1.22mg (8.1%), Fiber: 1.77g (7.09%), Vitamin C: 5.45mg (6.61%), Vitamin D: 0.74µg (4.91%)