



Aunt Peggy's Meat Loaf



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup quick-cooking oats

- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 cup vidalia onion chopped

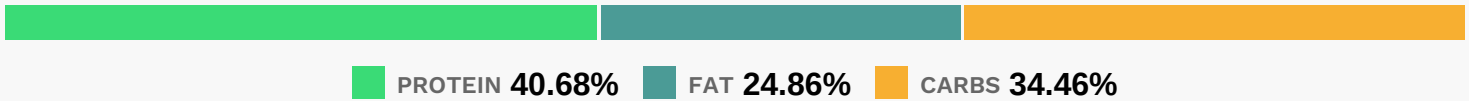
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 375 degrees F. In a large bowl, combine the ground beef, tomato paste, onions, green pepper, oats, egg, salt, and pepper. Shape the mixture into a loaf and place it in a 9 by 5-inch loaf pan.
- ☐ In a small bowl, whisk together the ketchup, brown sugar, and mustard. Slather the glaze on top of the meat loaf and bake until the meat loaf is firm and cooked all the way through, about 1 hour.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:12.908695521562%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 185.35kcal (9.27%), Fat: 5.15g (7.93%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 14.4g (5.24%), Sugar: 9.09g (10.1%), Cholesterol: 74.15mg (24.72%), Sodium: 636.52mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.97g (37.94%), Vitamin B12: 1.76µg (29.31%), Zinc: 4.31mg (28.74%), Selenium: 18.94µg (27.05%), Vitamin B3: 4.85mg (24.24%), Phosphorus: 216.76mg (21.68%), Vitamin B6: 0.43mg (21.4%), Manganese: 0.42mg (20.76%), Vitamin C: 13.79mg (16.71%), Iron: 2.81mg (15.63%), Potassium: 464.26mg (13.26%), Vitamin B2: 0.21mg (12.24%), Magnesium: 47.31mg (11.83%), Copper: 0.17mg (8.63%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.11mg (7.37%), Fiber: 1.67g (6.69%), Vitamin E: 0.94mg (6.29%), Folate: 18.81µg (4.7%), Vitamin A: 217.26IU (4.35%), Calcium: 35.14mg (3.51%), Vitamin K: 3.5µg (3.33%), Vitamin D: 0.22µg (1.48%)