



Barbeque Meatloaf



Dairy Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs fresh
- ☐ 3 tablespoons brown sugar
- ☐ 16 ounce tomato sauce canned
- ☐ 2 tablespoons dijon mustard
- ☐ 1 eggs lightly beaten
- ☐ 1.5 pounds ground beef
- ☐ 1 onion diced
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons vinegar
- ☐ 0.5 cup water thin
- ☐ 2 tablespoons worcestershire sauce

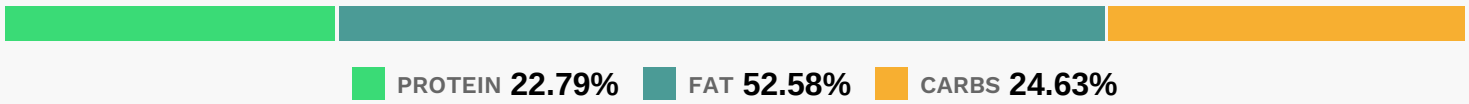
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix together the beef, bread crumbs, onion, egg, salt, pepper, and 1/2 cup of the tomato sauce. Form this mixture into a loaf and place it in a shallow pan. Stir together the remaining tomato sauce, vinegar, sugar, mustard, Worcestershire and the water (if too thick).
- ☐ Pour this sauce over the meatloaf.
- ☐ Bake for 1 hour, basting every 15 minutes with the pan juices.
- ☐ Cook's Note: Try serving as a sandwich with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:17.260869668878%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 427.17kcal (21.36%), Fat: 24.75g (38.08%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.57g (8.57%), Sugar: 11.07g (12.3%), Cholesterol: 107.79mg (35.93%), Sodium: 1290.12mg (56.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.29%), Vitamin B12: 2.56µg (42.58%),

Selenium: 26.19µg (37.42%), Zinc: 5.34mg (35.63%), Vitamin B3: 6.84mg (34.2%), Phosphorus: 258.74mg (25.87%), Vitamin B6: 0.5mg (25.15%), Iron: 4.41mg (24.49%), Vitamin B2: 0.34mg (19.94%), Potassium: 666.18mg (19.03%), Vitamin B1: 0.27mg (17.73%), Manganese: 0.34mg (16.76%), Copper: 0.24mg (11.93%), Magnesium: 45.32mg (11.33%), Vitamin E: 1.67mg (11.15%), Vitamin B5: 1.06mg (10.62%), Folate: 41.82µg (10.46%), Fiber: 2.51g (10.05%), Vitamin C: 7.41mg (8.98%), Calcium: 88.62mg (8.86%), Vitamin A: 376.25IU (7.52%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.26µg (1.73%)