



BBQ Meatloaf with Oatmeal

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup & spicy barbecue sauce thick divided kraft
- 1 eggs beaten
- 1 lb ground beef
- 0.5 cup onion finely chopped
- 0.5 cup quick-cooking oats

Equipment

- oven
- baking pan

Directions

- Preheat oven to 375F.
- Mix all ingredients except 1/4 cup of the barbecue sauce.
- Shape into loaf in 12x8-inch baking dish.
- Bake 45 to 50 minutes or until cooked through (160F).
- Let stand 5 minutes. Top with remaining 1/4 cup barbecue sauce.

Nutrition Facts

 **PROTEIN 22.38%**  **FAT 54.57%**  **CARBS 23.05%**

Properties

Glycemic Index:18.4, Glycemic Load:3.43, Inflammation Score:-3, Nutrition Score:11.452173870543%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 328.68kcal (16.43%), Fat: 19.73g (30.36%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 17.46g (6.35%), Sugar: 10.32g (11.47%), Cholesterol: 97.15mg (32.38%), Sodium: 368.74mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.41%), Vitamin B12: 2.02µg (33.66%), Zinc: 4.24mg (28.27%), Selenium: 19.52µg (27.88%), Manganese: 0.42mg (20.84%), Phosphorus: 208.25mg (20.83%), Vitamin B3: 4.1mg (20.49%), Vitamin B6: 0.36mg (17.84%), Iron: 2.51mg (13.93%), Vitamin B2: 0.2mg (12.03%), Magnesium: 43.69mg (10.92%), Potassium: 375.82mg (10.74%), Vitamin B5: 0.71mg (7.14%), Vitamin B1: 0.1mg (6.68%), Copper: 0.12mg (5.93%), Fiber: 1.29g (5.17%), Vitamin E: 0.75mg (5.02%), Folate: 16.69µg (4.17%), Calcium: 38.19mg (3.82%), Vitamin K: 2.5µg (2.38%), Vitamin A: 111.9IU (2.24%), Vitamin D: 0.27µg (1.78%), Vitamin C: 1.36mg (1.64%)