



Beef-and-Mushroom Meatloaf

READY IN



65 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup breadcrumbs dried plain
- ☐ 0.8 cup cream of mushroom soup
- ☐ 2 eggs
- ☐ 1 teaspoon herbs de provence
- ☐ 2 pounds ground beef lean
- ☐ 0.3 cup parmesan finely grated

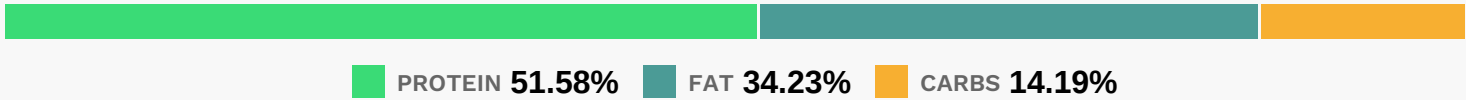
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ pie form

Directions

- ☐ Preheat oven to 350F. In a large bowl, combine beef, soup, bread crumbs, eggs, Parmesan, herbes de Provence and pepper. With a wooden spoon, mix until just blended. Spoon meat mixture into a 10-inch pie pan and gently press it into pan.
- ☐ Bake meatloaf until firm to touch in center, 50 to 60 minutes.
- ☐ Let stand for 10 minutes before cutting into wedges.
- ☐ Serve with mashed sweet potatoes (see recipe, below) and buttered peas.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:19.50521733871%

Nutrients (% of daily need)

Calories: 311.73kcal (15.59%), Fat: 11.44g (17.6%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.99g (3.63%), Sugar: 0.83g (0.93%), Cholesterol: 152.71mg (50.9%), Sodium: 498.65mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.57%), Vitamin B12: 3.66µg (61%), Zinc: 8.53mg (56.88%), Selenium: 34.78µg (49.69%), Vitamin B3: 9.42mg (47.09%), Phosphorus: 386.73mg (38.67%), Vitamin B6: 0.65mg (32.48%), Iron: 4.9mg (27.24%), Vitamin B2: 0.39mg (23.08%), Potassium: 612.89mg (17.51%), Vitamin B5: 1.34mg (13.42%), Vitamin B1: 0.19mg (12.85%), Manganese: 0.25mg (12.43%), Copper: 0.22mg (11.22%), Magnesium: 44.73mg (11.18%), Calcium: 97.89mg (9.79%), Folate: 30.26µg (7.57%), Vitamin K: 4.35µg (4.15%), Vitamin E: 0.61mg (4.06%), Vitamin D: 0.47µg (3.1%), Fiber: 0.69g (2.74%), Vitamin A: 118.53IU (2.37%)