



Beef-and-Sausage Meatloaf With Chunky Red Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz tomato sauce canned
- ☐ 2 large eggs lightly beaten
- ☐ 1 bell pepper diced green
- ☐ 1 pound sausage meat
- ☐ 1 pound ground sirloin
- ☐ 12 servings chunky sauce red
- ☐ 0.5 cup onion diced red

☐ 1 sleeve multigrain saltine crackers crushed

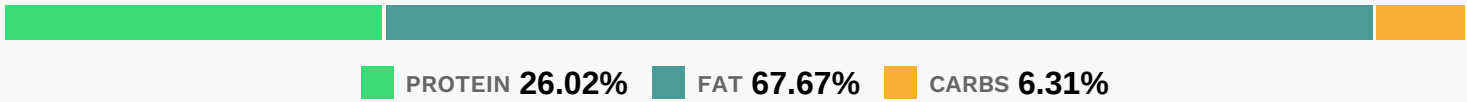
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 425
- ☐ Line bottom and sides of 2 (8- x 4-inch) loaf pans with aluminum foil, allowing 2 to 3 inches to extend over sides; fold foil down around sides of pan. Lightly grease foil.
- ☐ Gently combine first 7 ingredients in a medium bowl. Shape mixture into 2 loaves.
- ☐ Place meatloaves in prepared pans.
- ☐ Bake at 425 for 50 minutes or until a meat thermometer inserted into thickest portion registers 160
- ☐ Let stand 10 minutes.
- ☐ Remove meatloaves from pans, using foil sides as handles.
- ☐ Serve with Chunky Red Sauce.
- ☐ *Ground chuck or lean ground beef may be substituted.
- ☐ Note: If serving 1 meatloaf, let remaining cooked meatloaf stand until completely cool (about 30 minutes). Wrap tightly in plastic wrap and aluminum foil, and place in a large zip-top plastic bag. Store in refrigerator 2 to 3 days or freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:8.7817391312641%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 223.52kcal (11.18%), Fat: 16.64g (25.6%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.67g (0.97%), Sugar: 2.05g (2.27%), Cholesterol: 83.92mg (27.97%), Sodium: 460.07mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.79%), Vitamin B12: 1.22µg (20.27%), Vitamin B3: 3.96mg (19.82%), Zinc: 2.73mg (18.17%), Vitamin B6: 0.33mg (16.29%), Phosphorus: 145.91mg (14.59%), Vitamin C: 11.21mg (13.59%), Selenium: 8.8µg (12.57%), Vitamin B2: 0.17mg (10.03%), Potassium: 349.47mg (9.98%), Iron: 1.76mg (9.76%), Vitamin B1: 0.14mg (9.48%), Vitamin B5: 0.72mg (7.18%), Vitamin E: 0.85mg (5.67%), Copper: 0.11mg (5.33%), Vitamin A: 263.62IU (5.27%), Magnesium: 20.13mg (5.03%), Vitamin D: 0.7µg (4.64%), Manganese: 0.07mg (3.44%), Fiber: 0.82g (3.28%), Folate: 12.35µg (3.09%), Vitamin K: 2.48µg (2.37%), Calcium: 21.27mg (2.13%)