

Best Ever Meat Loaf

 Popular

READY IN



80 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bread crumbled
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup carrots shredded
- ☐ 2 eggs
- ☐ 1.5 pounds ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 0.7 cup milk

- ☐ 1 onion chopped
- ☐ 2 teaspoons salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tablespoon mustard yellow prepared

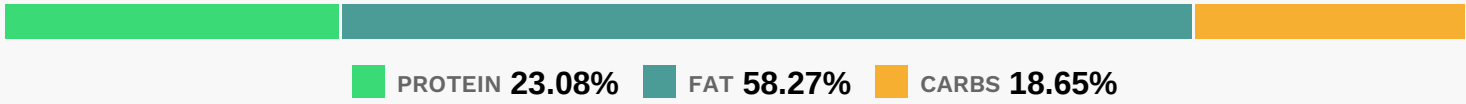
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk eggs, milk, salt, and ground black pepper in a large bowl.
- ☐ Add crumbled bread and stir until dissolved.
- ☐ Mix ground beef, onion, Cheddar cheese, and carrot into bread mixture; transfer mixture to a 9x5-inch loaf pan.
- ☐ Combine brown sugar, ketchup, and mustard in a small bowl; spread over meat mixture.
- ☐ Bake in the preheated oven until no longer pink in the center, 1 to 1 1/4 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:43.58, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:18.9099999961438%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 498.85kcal (24.94%), Fat: 32.12g (49.42%), Saturated Fat: 13.4g (83.74%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 21.8g (7.93%), Sugar: 14.56g (16.18%), Cholesterol: 157.16mg (52.39%), Sodium: 1200.53mg (52.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.25%), Vitamin B12: 2.9µg (48.39%), Selenium: 32.53µg (46.47%), Vitamin A: 2147.98IU (42.96%), Zinc: 5.97mg (39.82%), Phosphorus: 354.76mg (35.48%), Vitamin B3: 5.92mg (29.6%), Vitamin B6: 0.49mg (24.73%), Vitamin B2: 0.42mg (24.71%), Calcium: 231.89mg (23.19%), Iron: 3.22mg (17.87%), Potassium: 507.53mg (14.5%), Manganese: 0.26mg (13.15%), Vitamin B5: 1.16mg (11.65%), Magnesium: 41.72mg (10.43%), Vitamin B1: 0.15mg (10.28%), Folate: 37.38µg (9.34%), Vitamin E: 1.03mg (6.87%), Copper: 0.14mg (6.76%), Vitamin D: 0.82µg (5.45%), Fiber: 1.33g (5.32%), Vitamin K: 5.26µg (5.01%), Vitamin C: 2.43mg (2.95%)