



Best Ever Meatloaf

READY IN



85 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces campbell's® condensed tomato soup healthy request® canned Regular or
- ☐ 0.5 cup bread crumbs plain dry
- ☐ 1 eggs beaten
- ☐ 2 pounds ground beef
- ☐ 1 ounce onion soup and recipe mix dry
- ☐ 0.3 cup water

Equipment

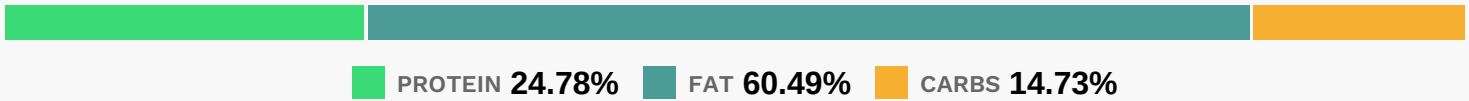
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Thoroughly mix the beef, 1/2 cup tomato soup, onion soup mix, bread crumbs and egg in a large bowl.
- ☐ Place the mixture into a 13 x 9 x 2-inch baking pan and firmly shape into an 8 x 4-inch loaf.
- ☐ Bake at 350 degrees F. for 1 hour 15 minutes or until the meatloaf is cooked through.
- ☐ Let the meatloaf stand for 10 minutes before slicing.
- ☐ Heat 2 tablespoons pan drippings, remaining tomato soup and water in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.
- ☐ Serve the soup mixture with the meatloaf.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:12.795652337696%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 358.08kcal (17.9%), Fat: 23.74g (36.52%), Saturated Fat: 9g (56.26%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.05g (4.38%), Sugar: 3.74g (4.15%), Cholesterol: 100.97mg (33.66%), Sodium: 561.78mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.77%), Vitamin B12: 2.5µg (41.65%), Zinc: 5.02mg (33.45%), Selenium: 21.72µg (31.03%), Vitamin B3: 5.62mg (28.12%), Phosphorus: 220.48mg (22.05%), Vitamin B6: 0.44mg (21.86%), Potassium: 566.64mg (16.19%), Iron: 2.89mg (16.06%), Vitamin B2: 0.24mg (13.86%), Vitamin B1: 0.14mg (9.47%), Magnesium: 30.37mg (7.59%), Manganese: 0.15mg (7.55%), Vitamin B5: 0.72mg (7.21%), Copper: 0.12mg (6.15%), Vitamin C: 5.03mg (6.1%), Calcium: 46.09mg (4.61%), Folate: 17.75µg (4.44%), Vitamin E: 0.66mg (4.41%), Fiber: 0.96g (3.83%), Vitamin A: 179.56IU (3.59%), Vitamin K: 3.77µg (3.59%), Vitamin D: 0.22µg (1.49%)