

Best-Ever Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce all natural tomato soup 25% healthy request® canned (Regular, or Less Sodium)
- 0.5 cup breadcrumbs dry
- 1 eggs beaten
- 2 pounds ground beef
- 0.3 cup water

Equipment

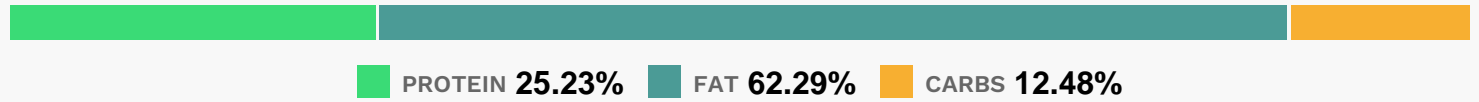
- bowl
- frying pan

- sauce pan
- oven
- baking pan

Directions

- Thoroughly mix 1/2 cup tomato soup, beef, onion soup mix, bread crumbs and egg in a large bowl.
- Place the mixture into a 13x9x2-inch baking pan and firmly shape into an 8x4-inch loaf.
- Bake at 350 degrees F for 1 hour 15 minutes or until the meatloaf is cooked through.
- 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.
- Serve the sauce with the meatloaf.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:12.401739120483%

Flavonoids

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

Nutrients (% of daily need)

Calories: 347.7kcal (17.39%), Fat: 23.73g (36.5%), Saturated Fat: 9g (56.24%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.97g (3.63%), Sugar: 3.57g (3.97%), Cholesterol: 100.97mg (33.66%), Sodium: 277.18mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Vitamin B12: 2.5µg (41.65%), Zinc: 4.98mg (33.19%), Selenium: 21.54µg (30.77%), Vitamin B3: 5.57mg (27.86%), Phosphorus: 213.01mg (21.3%), Vitamin B6: 0.42mg (20.83%), Iron: 2.85mg (15.82%), Potassium: 541.09mg (15.46%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.13mg (8.82%), Magnesium: 28.25mg (7.06%), Vitamin B5: 0.69mg (6.91%), Manganese: 0.13mg (6.37%), Vitamin C: 4.91mg (5.96%), Copper: 0.11mg (5.53%), Folate: 17.75µg (4.44%), Vitamin E: 0.66mg (4.38%), Calcium: 41.02mg (4.1%), Vitamin A: 179.03IU (3.58%), Vitamin K: 3.72µg (3.54%), Fiber: 0.72g (2.89%), Vitamin D: 0.22µg (1.49%)