



## Best Meatloaf in the Whole Wide World!

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bacon bits
- 0.3 cup brown sugar
- 0.3 cup breadcrumbs dry
- 1 eggs beaten
- 0.5 clove garlic minced
- 1 pound ground beef
- 0.3 cup catsup
- 0.3 onion minced

- 0.3 cup pineapple crushed drained
- 0.3 cup saltines crushed
- 2 dashes worcestershire sauce

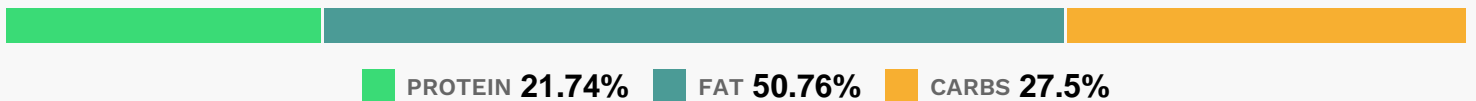
## Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Stir ketchup, brown sugar, bacon bits, pineapple, and 1 dash Worcestershire sauce together in a small bowl; reserve.
- Combine the ground beef, bread crumbs, saltines, egg, garlic, onion, and 2 dashes of Worcestershire sauce in a large bowl; mix well. Pat meat mixture into a 9x5 inch loaf pan.
- Bake meatloaf in the preheated oven for 30 minutes.
- Remove from oven; pour reserved pineapple mixture over loaf. Return to the oven; bake until no longer pink in the center, about an additional 20 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:7.7760870042055%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 252.06kcal (12.6%), Fat: 14.17g (21.8%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.11g (5.86%), Sugar: 10.28g (11.43%), Cholesterol: 60.72mg (20.24%), Sodium: 318.07mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin B12: 1.36µg (22.75%), Zinc: 2.68mg (17.85%), Selenium: 12.04µg (17.2%), Vitamin B3: 3.06mg (15.31%), Phosphorus: 129.14mg (12.91%), Vitamin B6: 0.23mg (11.75%), Vitamin B2: 0.16mg (9.3%), Iron: 1.66mg (9.24%), Vitamin B1: 0.13mg (8.65%), Potassium: 235.52mg (6.73%), Vitamin E: 0.98mg (6.51%), Folate: 24.5µg (6.13%), Magnesium: 22.73mg (5.68%), Copper: 0.11mg (5.6%), Fiber: 1.16g (4.62%), Vitamin B5: 0.42mg (4.17%), Manganese: 0.08mg (3.92%), Calcium: 37.13mg (3.71%), Vitamin K: 2.19µg (2.08%), Vitamin C: 1.59mg (1.93%), Vitamin A: 85IU (1.7%), Vitamin D: 0.17µg (1.11%)