

Beth's Meat Loaf

READY IN



80 min.

SERVINGS



5

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon sage dried crumbled
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 eggs beaten
- ☐ 1.5 pounds ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 0.8 cup milk
- ☐ 1 teaspoon ground mustard dry

- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon salt

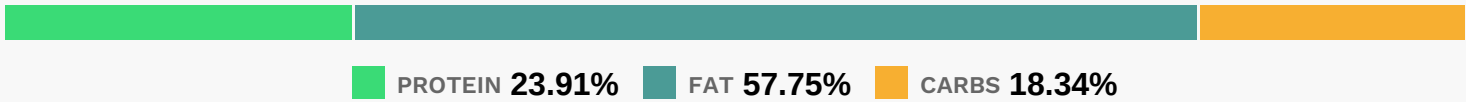
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan.
- ☐ In a bowl, lightly mix the beaten eggs, milk, bread crumbs, onion, salt, black pepper, and sage together until thoroughly combined. Gently work in the ground beef until mixed; press the meat mixture into the prepared loaf pan.
- ☐ Bake in the preheated oven until the loaf is no longer pink inside and the juices run clear, about 50 minutes. An instant-read thermometer inserted into the center of the loaf should read at least 160 degrees F (70 degrees C).
- ☐ While the meat loaf is baking, mix together the ketchup, brown sugar, and dry mustard powder in a bowl until the sugar has dissolved. When loaf is done, pull from the oven, and spread topping over the loaf. Return to oven, and bake until the topping is set, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:17.345217414524%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 484.17kcal (24.21%), Fat: 30.82g (47.42%), Saturated Fat: 11.82g (73.9%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 21.17g (7.7%), Sugar: 12.63g (14.04%), Cholesterol: 166.48mg (55.49%), Sodium: 893.7mg (38.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.43%), Vitamin B12: 3.3µg (55.07%), Selenium: 30.35µg (43.36%), Zinc: 6.31mg (42.06%), Vitamin B3: 6.9mg (34.51%), Phosphorus: 317.34mg (31.73%), Vitamin B6: 0.56mg (27.87%), Vitamin B2: 0.42mg (24.69%), Iron: 3.69mg (20.48%), Potassium: 561.74mg (16.05%), Vitamin B1: 0.2mg (13.37%), Vitamin B5: 1.19mg (11.85%), Calcium: 111.85mg (11.18%), Manganese: 0.22mg (10.94%), Magnesium: 40.85mg (10.21%), Folate: 33.82µg (8.46%), Copper: 0.16mg (7.88%), Vitamin E: 1.15mg (7.65%), Vitamin D: 0.89µg (5.94%), Vitamin A: 280.51IU (5.61%), Vitamin K: 4.92µg (4.69%), Fiber: 0.85g (3.39%), Vitamin C: 1.61mg (1.95%)