



Brooke's Homemade Meatloaf



Dairy Free

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READY IN

ready

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80 min.

SERVINGS

servings

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6

CALORIES

calories

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451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 2 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 3 tablespoons catsup
- ☐ 2 teaspoons brown sugar light packed
- ☐ 1 medium onion finely chopped

- ☐ 1 teaspoon salt
- ☐ 1 slice bread white

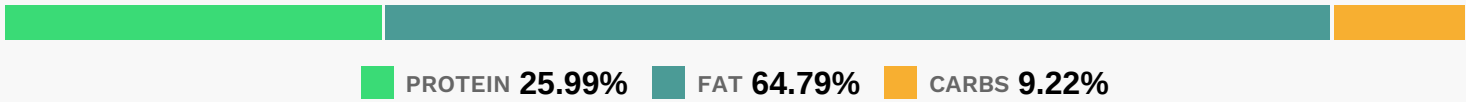
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, whisk together all the glaze ingredients and set aside.
- ☐ In a large bowl, combine all the meatloaf ingredients and mix well. Press the mixture into a 9 by 5-inch loaf pan.
- ☐ Bake for 30 minutes.
- ☐ Remove from the oven and brush some of the glaze over the top of the meatloaf.
- ☐ Bake for 30 minutes more.
- ☐ Remove from oven and let stand for 5 minutes. Turn the meatloaf out onto a serving platter and spoon the remaining glaze over the top before serving.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:1.88, Inflammation Score:-3, Nutrition Score:15.908260905224%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 451.35kcal (22.57%), Fat: 32.1g (49.39%), Saturated Fat: 12.18g (76.11%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.65g (3.51%), Sugar: 6.12g (6.8%), Cholesterol: 169.35mg (56.45%), Sodium: 719.81mg (31.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin B12: 3.38µg (56.4%), Zinc: 6.65mg (44.35%), Selenium: 29.86µg (42.65%), Vitamin B3: 6.89mg (34.46%), Phosphorus: 289.62mg (28.96%), Vitamin B6: 0.57mg (28.66%), Vitamin B2: 0.35mg (20.36%), Iron: 3.54mg (19.67%), Potassium: 520.98mg (14.89%), Vitamin B5: 1.08mg (10.8%), Magnesium: 34.69mg (8.67%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 1.07mg (7.16%), Folate: 28.33µg (7.08%), Copper: 0.14mg (6.88%), Manganese: 0.13mg (6.48%), Calcium: 56.21mg (5.62%), Vitamin A: 183.33IU (3.67%), Vitamin K: 3.83µg (3.64%), Vitamin D: 0.48µg (3.23%), Vitamin C: 2.08mg (2.53%), Fiber: 0.63g (2.52%)