



## Brown Sugar Meatloaf

READY IN



90 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup brown sugar packed
- 0.8 cup cracker crumbs crushed finely
- 2 eggs
- 0.3 teaspoon ground ginger
- 0.3 teaspoon pepper black
- 0.5 cup catsup
- 1.5 pounds ground beef lean
- 0.8 cup milk
- 1 small onion chopped

1.5 teaspoons salt

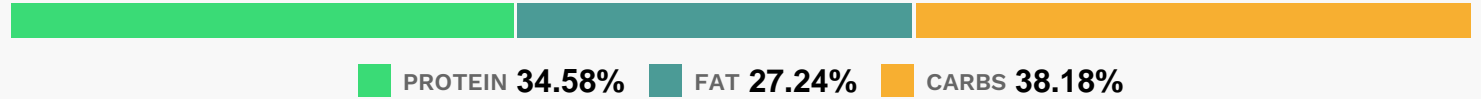
## Equipment

- oven
- mixing bowl
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 5x9 inch loaf pan.
- Press the brown sugar in the bottom of the prepared loaf pan and spread the ketchup over the sugar.
- In a mixing bowl, mix thoroughly all remaining ingredients and shape into a loaf.
- Place on top of the ketchup.
- Bake in preheated oven for 1 hour or until juices are clear.

## Nutrition Facts



## Properties

Glycemic Index:12.13, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:11.646956314211%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 244.91kcal (12.25%), Fat: 7.36g (11.33%), Saturated Fat: 3g (18.74%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 22.87g (8.32%), Sugar: 18.5g (20.56%), Cholesterol: 96.4mg (32.13%), Sodium: 706.36mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.07%), Vitamin B12: 2.13µg (35.44%), Zinc: 4.65mg (30.98%), Selenium: 19.22µg (27.46%), Vitamin B3: 5.23mg (26.13%), Phosphorus: 235.83mg (23.58%), Vitamin B6: 0.41mg (20.49%), Vitamin B2: 0.26mg (15.36%), Iron: 2.66mg (14.77%), Potassium: 425.41mg (12.15%), Vitamin B5: 0.86mg (8.58%), Magnesium: 28.16mg (7.04%), Calcium: 66.91mg (6.69%), Vitamin B1: 0.08mg (5.51%), Manganese: 0.11mg (5.39%), Copper: 0.1mg (5.24%), Vitamin E: 0.78mg (5.22%), Folate: 16.64µg (4.16%), Vitamin D: 0.56µg

(3.71%), Vitamin K: 3.76 $\mu$ g (3.58%), Vitamin A: 173.94IU (3.48%), Vitamin C: 1.26mg (1.53%), Fiber: 0.35g (1.39%)