



Cheeseburger Meat Loaf

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 package d cheddar cheese cut into 1-inch strips
- ☐ 12 ounce chili sauce
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup milk
- ☐ 0.8 cup regular oats uncooked

- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

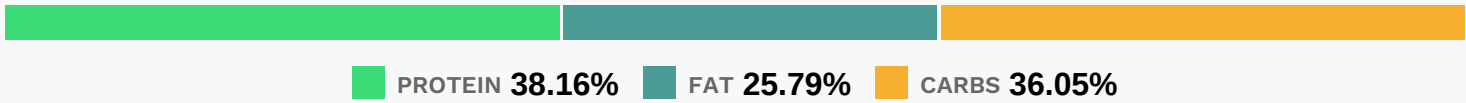
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stir together first 10 ingredients in a large bowl just until combined.
- ☐ Place in a 9- x 5-inch loafpan.
- ☐ Bake at 350 for 40 to 45 minutes.
- ☐ Pour chili sauce over meat loaf, and bake 20 to 25 more minutes or until meat is no longer pink in center.
- ☐ Arrange cheese slices in a crisscross pattern on top of meat loaf.
- ☐ Let stand 10 minutes before slicing.
- ☐ Note: For testing purposes only, we used Heinz Chili Sauce.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:4.17, Inflammation Score:-6, Nutrition Score:21.216521781424%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 334.56kcal (16.73%), Fat: 9.39g (14.45%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 25.83g (9.39%), Sugar: 13.35g (14.83%), Cholesterol: 121.22mg (40.41%), Sodium: 1705.42mg (74.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Vitamin B12: 2.82µg (47.07%), Zinc: 6.8mg (45.31%), Selenium: 29.99µg (42.84%), Phosphorus: 393.66mg (39.37%), Vitamin B3: 7.83mg (39.13%), Vitamin B6: 0.64mg (32.15%), Manganese: 0.59mg (29.73%), Iron: 4.36mg (24.24%), Potassium: 847.62mg (24.22%), Vitamin B2: 0.37mg (21.88%), Vitamin C: 14.18mg (17.19%), Magnesium: 62.88mg (15.72%), Fiber: 3.71g (14.83%), Vitamin B1: 0.22mg (14.65%), Vitamin E: 2.18mg (14.51%), Vitamin A: 704.76IU (14.1%), Copper: 0.27mg (13.73%), Vitamin B5: 1.22mg (12.16%), Calcium: 88.85mg (8.88%), Folate: 25.52µg (6.38%), Vitamin K: 5.46µg (5.2%), Vitamin D: 0.7µg (4.69%)