



Cheeseburger Meatloaf

READY IN



60 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttery round crackers crushed ritz® (such as)
- 10.8 ounce cream of mushroom soup canned
- 1 bell pepper green chopped
- 1 pound ground beef
- 1 cup milk
- 1 onion chopped
- 1.5 cups cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons worcestershire sauce

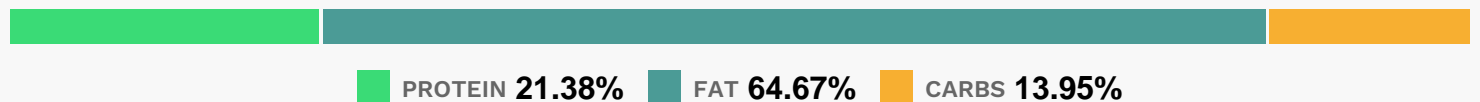
Equipment

- bowl
- sauce pan
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Mix ground beef, onion, bell pepper, 1 cup Cheddar cheese, Worcestershire sauce, sour cream, and crackers together in a bowl.
- Place mixture on a baking dish and shape into a loaf.
- Bake in the preheated oven until no longer pink in the center, 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Heat the cream of mushroom soup, milk, and 1 1/2 cup Cheddar cheese in a saucepan over medium heat until the cheese has melted, about 10 minutes.
- Pour sauce over the meatloaf before serving.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:12.375652105912%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 349.11kcal (17.46%), Fat: 25g (38.47%), Saturated Fat: 11.32g (70.74%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.41g (4.15%), Sugar: 4g (4.45%), Cholesterol: 75.49mg (25.16%), Sodium: 585.09mg (25.44%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 18.6g (37.19%), Vitamin B12: 1.69µg (28.23%), Phosphorus: 269.39mg (26.94%), Zinc: 3.84mg (25.57%), Calcium: 234.31mg (23.43%), Selenium: 16.05µg (22.92%), Vitamin B2: 0.3mg (17.63%), Vitamin C: 13.66mg (16.56%), Vitamin B3: 3.28mg (16.4%), Vitamin B6: 0.29mg (14.59%), Iron: 2.05mg (11.39%), Potassium: 370.15mg (10.58%), Manganese: 0.2mg (10.06%), Vitamin A: 409.93IU (8.2%), Copper: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.27%), Magnesium: 27.96mg (6.99%), Vitamin B5: 0.67mg (6.66%), Vitamin K: 6.78µg (6.46%), Folate: 21.79µg (5.45%), Vitamin E: 0.78mg (5.23%), Vitamin D: 0.52µg (3.46%), Fiber: 0.74g (2.94%)