



Cheeseburger Meatloaf and Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium bell pepper chopped
- ☐ 1 cup cheddar grated
- ☐ 1.5 cups cheddar grated
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup round buttery crackers crushed recommended: Ritz
- ☐ 1 bunch parsley leaves fresh chopped
- ☐ 1 pound ground beef
- ☐ 1 cup milk
- ☐ 1 medium onion chopped

- ☐ 4 servings onions chopped
- ☐ 1 teaspoon lawry's seasoned salt recommended: Lawry's
- ☐ 1 teaspoon house seasoning black garlic powder, pepper, and salt mix
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 slices bread white
- ☐ 2 tablespoons worcestershire sauce

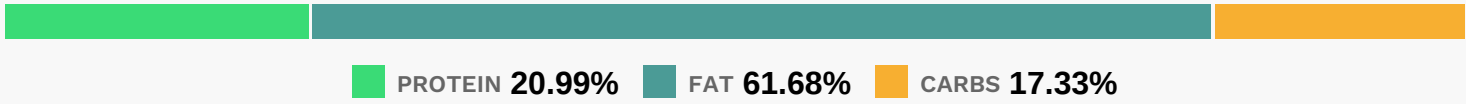
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix all ingredients together, except the bread slices and Sauce. Shape into a loaf. Line a 1 1/2-quart loaf pan with the bread slices.
- ☐ Place meatloaf on top.
- ☐ Bake loaf for 45 minutes. The bread absorbs the grease and should be discarded after loaf is removed from oven.
- ☐ Heat the soup and milk over medium heat; add the cheese.
- ☐ Add the chopped onions and parsley to the sauce, if desired.
- ☐ Pour Sauce over the meatloaf or pass at the table.

Nutrition Facts



Properties

Glycemic Index:72.44, Glycemic Load:8.17, Inflammation Score:-10, Nutrition Score:39.942174123681%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg,

Isorhamnetin: 4.13mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg
Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 16.86mg, Quercetin: 16.86mg,
Quercetin: 16.86mg, Quercetin: 16.86mg

Nutrients (% of daily need)

Calories: 878.62kcal (43.93%), Fat: 60.27g (92.72%), Saturated Fat: 28.21g (176.29%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 34.77g (12.64%), Sugar: 11.77g (13.08%), Cholesterol: 179.23mg (59.74%), Sodium: 2006.85mg (87.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.15g (92.29%), Vitamin K: 247.45µg (235.67%), Vitamin C: 64.51mg (78.19%), Calcium: 727.09mg (72.71%), Phosphorus: 711.39mg (71.14%), Vitamin A: 3125.98IU (62.52%), Selenium: 43.49µg (62.13%), Vitamin B12: 3.69µg (61.45%), Zinc: 9.12mg (60.82%), Vitamin B2: 0.8mg (47.11%), Vitamin B3: 7.57mg (37.86%), Vitamin B6: 0.73mg (36.29%), Iron: 5.64mg (31.33%), Manganese: 0.58mg (28.95%), Potassium: 955.7mg (27.31%), Folate: 106.55µg (26.64%), Vitamin B1: 0.33mg (21.97%), Magnesium: 80.74mg (20.19%), Copper: 0.36mg (18.23%), Vitamin B5: 1.71mg (17.11%), Vitamin E: 2.29mg (15.27%), Fiber: 3.35g (13.4%), Vitamin D: 1.21µg (8.05%)