



Cheesy Apple and Oat Meatloaf

READY IN



90 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apples finely chopped
- ☐ 0.5 cup bread crumbs
- ☐ 1 eggs
- ☐ 1 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup cooking oats quick
- ☐ 0.5 teaspoon salt

- ☐ 1 cup cheddar cheese shredded
- ☐ 2 tablespoons worcestershire sauce

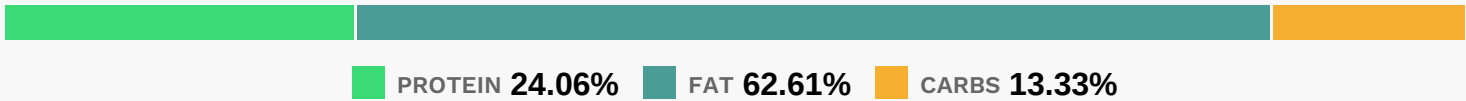
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- ☐ Mix the beef, pork, egg, apple, onion, Worcestershire sauce, salt, and pepper in a mixing bowl until evenly mixed.
- ☐ Add the Cheddar cheese, bread crumbs, and oats; mix again until evenly mixed. Pack the meat mixture into the prepared loaf pan.
- ☐ Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (72 degrees C). Allow the meatloaf to rest for 10 minutes before slicing to keep the meat from crumbling.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:3.24, Inflammation Score:-4, Nutrition Score:16.649130385855%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 452.89kcal (22.64%), Fat: 31.2g (48%), Saturated Fat: 12.81g (80.08%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 13.49g (4.9%), Sugar: 2.6g (2.89%), Cholesterol: 127mg (42.33%), Sodium: 539.56mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.95%), Selenium: 32.88µg (46.98%), Vitamin B12: 2.18µg (36.31%), Zinc: 5.16mg (34.41%), Phosphorus: 340.33mg (34.03%), Vitamin B1: 0.45mg (30.17%), Vitamin B3: 5.57mg (27.83%), Vitamin B6: 0.45mg (22.56%), Vitamin B2: 0.37mg (22.03%), Manganese: 0.42mg (20.96%), Calcium: 185.84mg (18.58%), Iron: 3.05mg (16.96%), Potassium: 452.43mg (12.93%), Magnesium: 50.68mg (12.67%), Vitamin B5: 0.94mg (9.42%), Folate: 29.58µg (7.4%), Copper: 0.14mg (7.11%), Fiber: 1.45g (5.82%), Vitamin A: 239.91IU (4.8%), Vitamin E: 0.6mg (4.02%), Vitamin K: 3.04µg (2.9%), Vitamin C: 2.31mg (2.8%), Vitamin D: 0.34µg (2.24%)