



Cheesy Meatloaf

READY IN



75 min.

SERVINGS



8

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups breadcrumbs dry
- 1 ounce onion soup mix dry
- 2 eggs beaten
- 1 pound ground beef
- 8 servings pepper black to taste
- 1 pound ground pork
- 2 cups mozzarella cheese shredded divided
- 0.8 cup water

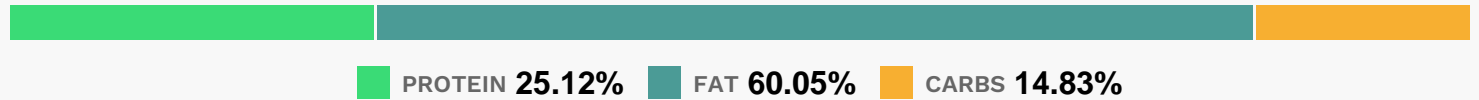
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the beef, pork, soup mix, eggs, bread crumbs, pepper and water. Stir in 1/2 cup of the cheese.
- Mix well and spread half of mixture into a 9x5 inch loaf pan.
- Spread remaining 1 1/2 cups cheese over meat loaf mixture. Top with remaining half of meat loaf mixture.
- Bake in preheated oven for 60 minutes.
- Let cool 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:17.403478316639%

Nutrients (% of daily need)

Calories: 483.49kcal (24.17%), Fat: 31.75g (48.84%), Saturated Fat: 13.09g (81.8%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 16.47g (5.99%), Sugar: 1.75g (1.94%), Cholesterol: 144.12mg (48.04%), Sodium: 694.87mg (30.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.76%), Selenium: 35.87µg (51.25%), Vitamin B1: 0.66mg (43.87%), Vitamin B12: 2.42µg (40.29%), Phosphorus: 350.76mg (35.08%), Zinc: 4.91mg (32.76%), Vitamin B3: 6.29mg (31.45%), Vitamin B2: 0.44mg (25.77%), Vitamin B6: 0.47mg (23.74%), Calcium: 208.94mg (20.89%), Iron: 2.95mg (16.37%), Manganese: 0.25mg (12.26%), Potassium: 418.84mg (11.97%), Vitamin B5: 1.01mg (10.15%), Magnesium: 38.56mg (9.64%), Folate: 35.62µg (8.9%), Copper: 0.14mg (7.01%), Vitamin A: 253.73IU (5.07%), Fiber: 1.17g (4.68%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.39µg (2.59%)