

Cottage Meatloaf

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs fresh
- ☐ 4 teaspoons brown sugar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 1.5 pounds ground beef lean
- ☐ 1 teaspoon mustard prepared

- ☐ 0.3 cup onion diced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sacramento tomato juice

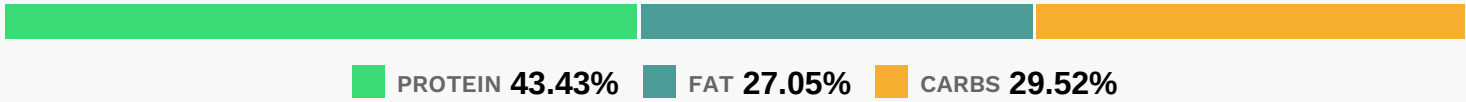
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, combine ground beef, 1/2 cup ketchup, tomato juice, salt, pepper, red pepper, eggs, bread crumbs, onion and 2 teaspoons mustard until well mixed. Line a 9x5 inch loaf pan with foil. Press meat mixture into pan.
- ☐ In a separate bowl, combine 1/2 cup ketchup, 1 teaspoon mustard and brown sugar until smooth.
- ☐ Spread brown sugar mixture over meatloaf.
- ☐ Bake in preheated oven 35 to 45 minutes, until no longer pink.
- ☐ Drain off fat.
- ☐ Let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:15.96739122142%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 265.99kcal (13.3%), Fat: 7.85g (12.08%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.36g (6.68%), Sugar: 8.52g (9.46%), Cholesterol: 124.87mg (41.62%), Sodium: 581.93mg (25.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Vitamin B12: 2.72µg (45.3%), Zinc: 6.23mg (41.55%), Selenium: 28.18µg (40.26%), Vitamin B3: 7.54mg (37.68%), Phosphorus: 286.8mg (28.68%), Vitamin B6: 0.54mg (27.17%), Iron: 3.81mg (21.15%), Vitamin B2: 0.34mg (20.26%), Potassium: 543.77mg (15.54%), Vitamin B1: 0.2mg (13.09%), Vitamin B5: 1.09mg (10.87%), Manganese: 0.2mg (10.25%), Magnesium: 38.26mg (9.56%), Copper: 0.16mg (8.24%), Folate: 32.9µg (8.22%), Vitamin E: 0.84mg (5.6%), Calcium: 52.74mg (5.27%), Vitamin A: 256.54IU (5.13%), Vitamin C: 3.79mg (4.59%), Fiber: 0.93g (3.71%), Vitamin D: 0.41µg (2.71%), Vitamin K: 2.54µg (2.42%)