

## Dawn's Meatloaf

 **Gluten Free**

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**277 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 eggs slightly beaten
- 1.5 pounds ground beef
- 1 dash ground pepper black
- 0.5 cup milk
- 3 tablespoons mustard
- 1 cup rolled oats
- 1 tablespoon worcestershire sauce

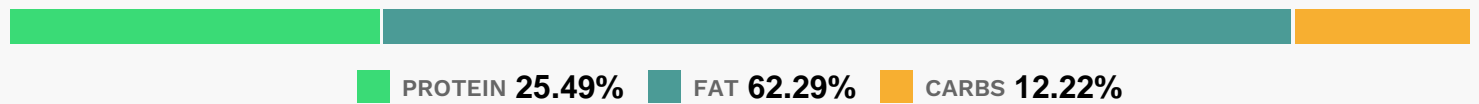
## Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix ground beef, egg, oats, onion, milk, mustard, Worcestershire sauce, salt, and pepper together in a bowl; transfer into a loaf pan.
- Bake in the preheated oven until no longer pink in the center, 50 to 60 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:10.730869500533%

## Nutrients (% of daily need)

Calories: 276.55kcal (13.83%), Fat: 18.87g (29.03%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 7.06g (2.57%), Sugar: 1.15g (1.27%), Cholesterol: 82.67mg (27.56%), Sodium: 160.7mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Vitamin B12: 1.95µg (32.52%), Selenium: 19.59µg (27.98%), Zinc: 4.1mg (27.32%), Phosphorus: 209.59mg (20.96%), Manganese: 0.4mg (20.18%), Vitamin B3: 3.78mg (18.88%), Vitamin B6: 0.31mg (15.37%), Iron: 2.38mg (13.22%), Vitamin B2: 0.19mg (11.43%), Potassium: 322.39mg (9.21%), Magnesium: 33.93mg (8.48%), Vitamin B1: 0.11mg (7.07%), Vitamin B5: 0.7mg (6.99%), Copper: 0.1mg (5.21%), Fiber: 1.27g (5.07%), Calcium: 48.29mg (4.83%), Vitamin E: 0.48mg (3.19%), Folate: 12.35µg (3.09%), Vitamin D: 0.36µg (2.42%), Vitamin K: 1.92µg (1.83%), Vitamin A: 60.15IU (1.2%)