



Deerburger Meatloaf

READY IN



110 min.

SERVINGS



8

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 1.5 cups bread crumbs crushed finely
- ☐ 2 pounds bulk pork sausage
- ☐ 8 ounce tomato sauce divided canned
- ☐ 3 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 2 pounds ground venison
- ☐ 2 onions minced
- ☐ 1 teaspoon pepper

☐ 1 teaspoon salt

Equipment

☐ bowl

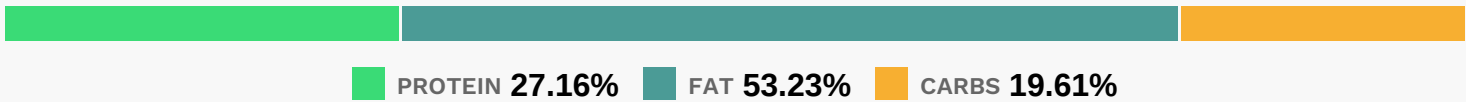
☐ oven

☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a roasting pan.
- ☐ Mix venison, sausage, onions, and cracker crumbs in a large bowl until well combined.
- ☐ Add the evaporated milk, eggs, barbeque sauce, salt, pepper, and half of the tomato sauce; mix until evenly combined, and let stand 15 minutes.
- ☐ Place onto roasting pan, and shape into a loaf.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Spread top with remaining tomato sauce, and continue baking for an additional hour, until the internal temperature reaches 180 degrees F (82 degrees C).

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:28.096956087195%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 727.53kcal (36.38%), Fat: 42.35g (65.15%), Saturated Fat: 15.31g (95.7%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 32.91g (11.97%), Sugar: 16.94g (18.83%), Cholesterol: 238.31mg (79.44%), Sodium: 1789.05mg (77.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.63g (97.25%), Vitamin B1: 1.17mg (77.99%), Vitamin B3: 13.71mg (68.56%), Vitamin B12: 3.33µg (55.46%), Zinc: 8.02mg (53.5%), Vitamin B6: 1.02mg (51.1%), Phosphorus:

502.25mg (50.22%), Vitamin B2: 0.72mg (42.17%), Iron: 6.45mg (35.85%), Selenium: 22.66µg (32.37%), Potassium: 976.29mg (27.89%), Vitamin B5: 2.19mg (21.92%), Copper: 0.37mg (18.61%), Manganese: 0.36mg (17.83%), Magnesium: 66.24mg (16.56%), Calcium: 133.46mg (13.35%), Vitamin D: 1.82µg (12.13%), Folate: 44.89µg (11.22%), Vitamin E: 1.64mg (10.95%), Fiber: 2.19g (8.76%), Vitamin A: 416.54IU (8.33%), Vitamin C: 5.33mg (6.46%), Vitamin K: 5.25µg (5%)