



## Dethbert's Sweet Potato Meatloaf



Gluten Free



Dairy Free

READY IN



580 min.

SERVINGS



16

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar
- 2 eggs beaten
- 3 pounds ground beef
- 1 pinch ground pepper black to taste
- 0.8 cup catsup
- 1 teaspoon mustard prepared
- 1 teaspoon ground mustard
- 0.5 cup oats

- 1 onion chopped
- 1 teaspoon salt
- 1 sweet potatoes and into diced
- 0.3 teaspoon thyme leaves
- 0.3 cup vegetable juice
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- oven
- mixing bowl
- plastic wrap

## Directions

- Mix ground beef, sweet potato, onion, and oats in a large mixing bowl.
- Beat eggs, salt, thyme, and pepper together in a small bowl.
- Add 3/4 cup ketchup, vegetable juice, Worcestershire sauce, 1 tablespoon prepared mustard, and mustard powder to the egg mixture; stir.
- Pour the egg mixture into the large mixing bowl; use your hands to mix together. Cover bowl with plastic wrap and refrigerate 8 hours to overnight.
- Preheat oven to 350 degrees F (175 degrees C). Grease 2 8 1/2x4x3-inch glass bread pans.
- Divide meatloaf mixture into prepared bread pans.
- Bake meat loaves on center rack in preheated oven for 1 hour.
- Stir 3/4 cup ketchup, brown sugar, and 1 teaspoon prepared mustard together in a bowl; spread over the meatloaf.
- Divide ketchup mixture and spread over the loaves; continue baking for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.31, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:11.39304340404%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 280.48kcal (14.02%), Fat: 17.78g (27.35%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.55g (4.56%), Sugar: 8.12g (9.02%), Cholesterol: 80.84mg (26.95%), Sodium: 359.28mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Vitamin A: 2126.54IU (42.53%), Vitamin B12: 1.87µg (31.15%), Zinc: 3.81mg (25.38%), Selenium: 15.81µg (22.58%), Vitamin B3: 3.9mg (19.52%), Vitamin B6: 0.34mg (17.24%), Phosphorus: 170.1mg (17.01%), Iron: 2.18mg (12.09%), Vitamin B2: 0.19mg (11.03%), Potassium: 367.8mg (10.51%), Manganese: 0.17mg (8.38%), Vitamin B5: 0.67mg (6.75%), Magnesium: 25.68mg (6.42%), Copper: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.63mg (4.19%), Fiber: 0.9g (3.59%), Calcium: 34.71mg (3.47%), Folate: 13.68µg (3.42%), Vitamin C: 2.78mg (3.37%), Vitamin K: 2.26µg (2.15%), Vitamin D: 0.19µg (1.3%)