



Dill Pickle Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice bread
- 1 tablespoon brown sugar
- 0.5 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 0.3 cup dill pickles chopped
- 1 eggs
- 0.3 teaspoon pepper black
- 0.3 cup catsup
- 1 pound ground beef lean

- 1 small onion chopped
- 0.8 teaspoon salt
- 2 tablespoons water
- 0.5 teaspoon worcestershire sauce

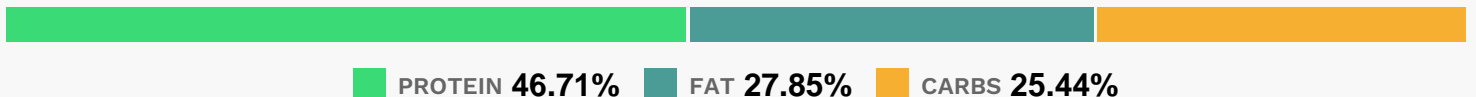
Equipment

- frying pan
- oven
- whisk
- mixing bowl
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 8x8 inch baking dish.
- Beat the egg in a mixing bowl.
- Whisk in the onion, pickle juice, salt, and pepper. Stir in the bread until soggy, then mix in the ground beef until evenly combined. Form into a loaf and place into the prepared pan. Stir together the chopped pickles, ketchup, water, sugar, and Worcestershire sauce; pour over the meatloaf.
- Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:7.0604347819867%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 117.1kcal (5.86%), Fat: 3.55g (5.47%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.93g (2.52%), Sugar: 3.74g (4.15%), Cholesterol: 55.61mg (18.54%), Sodium: 611.58mg (26.59%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.41g (26.82%), Vitamin B12: 1.32µg (21.98%), Zinc: 3.03mg (20.19%), Selenium: 12.68µg (18.12%), Vitamin B3: 3.44mg (17.21%), Phosphorus: 133.26mg (13.33%), Vitamin B6: 0.26mg (13.01%), Iron: 1.66mg (9.25%), Vitamin B2: 0.14mg (8.42%), Potassium: 253.43mg (7.24%), Vitamin B5: 0.5mg (4.96%), Magnesium: 17.07mg (4.27%), Manganese: 0.08mg (3.96%), Copper: 0.07mg (3.34%), Vitamin B1: 0.05mg (3.14%), Folate: 11.15µg (2.79%), Vitamin E: 0.34mg (2.27%), Calcium: 20.28mg (2.03%), Vitamin A: 77.24IU (1.54%), Fiber: 0.37g (1.49%), Vitamin K: 1.47µg (1.4%), Vitamin C: 1.1mg (1.34%), Vitamin D: 0.17µg (1.11%)