



Diner Meat Loaf

READY IN



85 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 2 slices bread with crust
- 1 large eggs
- 1 clove garlic powder
- 0.3 teaspoon ground mustard
- 1 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 1 small onion
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 2 teaspoons worcestershire sauce

Equipment

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

Directions

- Heat the oven to 350°F. In a large bowl, break up the beef into small pieces, using a fork or spoon.
- Peel and finely chop the garlic. Peel the onion, and chop enough of the onion into small pieces to measure 3 tablespoons. Wrap remaining piece of onion, and refrigerate for another use.
- Add the garlic and onion to the beef.
- Tear the bread into small pieces and add to beef mixture.
- Add the milk, Worcestershire sauce, sage, salt, mustard, pepper and egg to the beef mixture.
- Mix with a fork, large spoon or your hands until the ingredients are well mixed.
- Place the beef mixture in an ungreased baking pan. Shape the mixture into an 8x4-inch loaf in the pan, then spread the ketchup over the top.
- Bake uncovered 50 to 60 minutes until meat and juices are no longer pink or until a meat thermometer inserted in the center of the loaf reads 160°F and center of loaf is no longer pink*.
- Let the loaf stand 5 minutes so it will be easier to remove from the pan.
- Remove loaf from pan and cut into slices.

Nutrition Facts



PROTEIN 23.54% FAT 56.79% CARBS 19.67%

Properties

Glycemic Index:40.17, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:14.195652018423%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 405.34kcal (20.27%), Fat: 25.21g (38.78%), Saturated Fat: 9.5g (59.35%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.52g (6.73%), Sugar: 10.55g (11.72%), Cholesterol: 128.84mg (42.95%), Sodium: 596.45mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.02%), Vitamin B12: 2.62µg (43.67%), Selenium: 25.9µg (37.01%), Zinc: 5.2mg (34.68%), Vitamin B3: 5.79mg (28.97%), Phosphorus: 251.19mg (25.12%), Vitamin B6: 0.46mg (22.8%), Iron: 3.3mg (18.36%), Vitamin B2: 0.3mg (17.88%), Potassium: 475.65mg (13.59%), Manganese: 0.25mg (12.44%), Vitamin B5: 1mg (9.97%), Vitamin B1: 0.14mg (9.18%), Magnesium: 34.35mg (8.59%), Calcium: 79.67mg (7.97%), Folate: 30.09µg (7.52%), Copper: 0.13mg (6.61%), Vitamin E: 0.84mg (5.57%), Fiber: 1.13g (4.5%), Vitamin D: 0.53µg (3.54%), Vitamin K: 3.45µg (3.29%), Vitamin A: 148.97IU (2.98%), Vitamin C: 1.87mg (2.26%)