



## Diner Special Meatloaf

READY IN



75 min.

SERVINGS



15

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 Tbsp butter
- 3 oz philadelphia cream cheese cubed
- 0.5 cup bread crumbs dry
- 1 eggs lightly beaten
- 2 singles kraft
- 1 lb ground beef lean
- 0.8 cup milk
- 1.5 cups potato flakes instant

- 0.5 tsp salt
- 1.3 cups water

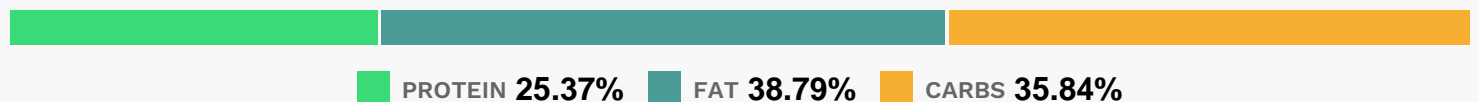
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375F.
- Mix meat, barbecue sauce, bread crumbs and egg. Shape into loaf in 12x8-inch baking dish.
- Bake 55 minutes. Meanwhile, bring water to boil in medium saucepan.
- Add milk, butter and salt; stir in potato flakes.
- Add cream cheese; stir until completely melted.
- Spread potato mixture over meatloaf; top with Singles.
- Bake an additional 5 minutes or until Singles begin to melt.

## Nutrition Facts



## Properties

Glycemic Index:4.33, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:5.8656522242919%

## Nutrients (% of daily need)

Calories: 138.26kcal (6.91%), Fat: 5.91g (9.09%), Saturated Fat: 2.51g (15.72%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.64g (4.23%), Sugar: 4.41g (4.9%), Cholesterol: 36.87mg (12.29%), Sodium: 275.18mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Vitamin B12: 0.8µg (13.27%), Selenium: 8.72µg (12.45%), Zinc: 1.77mg (11.81%), Vitamin B3: 2.35mg (11.77%), Phosphorus: 102.94mg (10.29%), Vitamin B6: 0.19mg (9.53%), Vitamin B1: 0.12mg (7.88%), Vitamin B2: 0.12mg (7.03%), Potassium: 230.63mg (6.59%), Iron: 1.09mg (6.03%), Vitamin C: 4.92mg (5.97%), Vitamin B5: 0.48mg (4.79%), Vitamin A: 203.42IU (4.07%), Magnesium: 15.98mg (4%), Calcium: 38.37mg (3.84%), Manganese: 0.06mg (3%), Copper: 0.06mg (2.77%), Fiber: 0.64g (2.58%), Folate: 10.22µg (2.56%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.19µg (1.13%)