

# Divine Meatloaf

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.3 ounce beef with onion soup mix
- 2 teaspoons brown sugar
- 2 eggs
- 1 pound extra-lean ground beef
- 4 ounces mushrooms fresh sliced
- 1 bell pepper diced green
- 1 bunch green onions diced
- 1.5 cups catsup

- 4 ounces saltines crushed finely
- 1 tablespoon mustard yellow

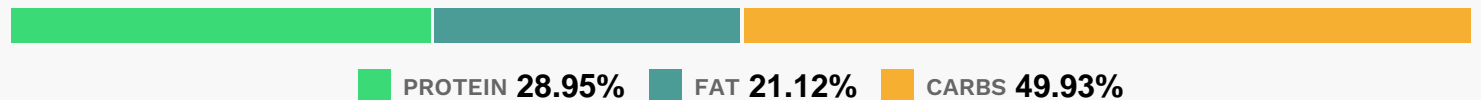
## Equipment

- oven
- whisk
- mixing bowl
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large mixing bowl, combine the ground beef, green pepper, green onion, mushrooms and saltine crackers. Stir in the eggs and the beef with onion soup mix; mix thoroughly.
- Press mixture into a 9x13 inch baking dish.
- In a small mixing bowl, whisk together the ketchup, yellow mustard and brown sugar.
- Mix thoroughly and pour over the meat mixture, spreading evenly.
- Bake in the preheated oven for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:13.058695699858%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 223.08kcal (11.15%), Fat: 5.31g (8.17%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 26.86g (9.77%), Sugar: 11.72g (13.02%), Cholesterol: 76.07mg (25.36%), Sodium: 972.86mg (42.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Vitamin B3: 5.36mg (26.78%), Selenium:

17.22µg (24.61%), Vitamin B12: 1.39µg (23.11%), Zinc: 3.37mg (22.46%), Vitamin B2: 0.36mg (21.31%), Vitamin B6: 0.4mg (20.08%), Phosphorus: 187.89mg (18.79%), Vitamin C: 14.82mg (17.97%), Iron: 2.75mg (15.26%), Potassium: 474.82mg (13.57%), Manganese: 0.24mg (11.98%), Vitamin K: 12.55µg (11.96%), Vitamin B1: 0.17mg (11.31%), Folate: 37.01µg (9.25%), Copper: 0.18mg (9.22%), Vitamin B5: 0.9mg (8.95%), Vitamin E: 1.18mg (7.86%), Vitamin A: 377.33IU (7.55%), Magnesium: 29.92mg (7.48%), Fiber: 1.38g (5.51%), Calcium: 33.12mg (3.31%), Vitamin D: 0.31µg (2.03%)