



Easiest Yummiest Meat Loaf



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 pound ground beef
- ☐ 10.5 ounce onion soup french canned such as Campbell's ®
- ☐ 1.5 cups rolled oats

Equipment

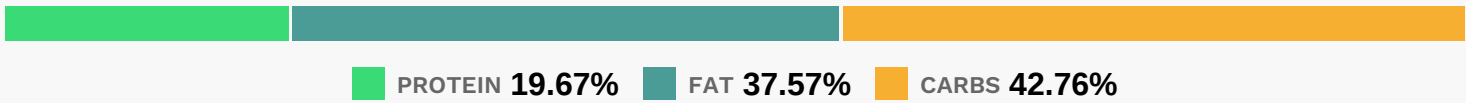
- ☐ bowl
- ☐ oven
- ☐ baking pan

☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease an 8-inch square baking dish.
- ☐ Combine ground beef, rolled oats, French onion soup, and eggs in a bowl until thoroughly combined; transfer to prepared baking dish.
- ☐ Bake in the preheated oven until the meat loaf is no longer pink in the middle and an instant-read meat thermometer inserted into the center of the loaf reads at least 160 degrees F (70 degrees C), 60 to 75 minutes.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:4.67, Inflammation Score:-3, Nutrition Score:17.476521834083%

Nutrients (% of daily need)

Calories: 435.18kcal (21.76%), Fat: 18g (27.7%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 40.79g (14.83%), Sugar: 2.56g (2.85%), Cholesterol: 108.24mg (36.08%), Sodium: 4057.01mg (176.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.43%), Manganese: 1.08mg (53.87%), Selenium: 24.18µg (34.54%), Phosphorus: 336.27mg (33.63%), Zinc: 4.64mg (30.95%), Vitamin B12: 1.75µg (29.14%), Vitamin B6: 0.58mg (28.91%), Fiber: 5.32g (21.29%), Vitamin B3: 4.16mg (20.82%), Vitamin B2: 0.35mg (20.37%), Potassium: 655.43mg (18.73%), Magnesium: 72.35mg (18.09%), Vitamin B1: 0.27mg (18%), Iron: 3.2mg (17.81%), Copper: 0.31mg (15.55%), Vitamin B5: 1.26mg (12.55%), Calcium: 103.31mg (10.33%), Folate: 18.67µg (4.67%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.37µg (2.46%), Vitamin K: 2.5µg (2.39%), Vitamin C: 1.69mg (2.04%), Vitamin A: 86.64IU (1.73%)