



Easy Meat Loaf

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 10 ounces campbell's® condensed onion soup french undiluted canned
- 1.3 cups round buttery crackers crushed butter-flavored (33 crackers)
- 1 eggs lightly beaten

Equipment

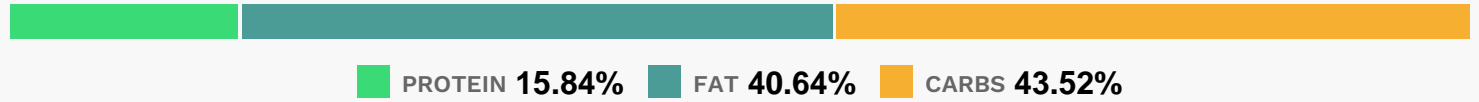
- bowl
- oven
- baking pan

kitchen thermometer

Directions

- In a large bowl, combine the egg, onion soup and cracker crumbs. Crumble beef over mixture and mix well. Shape into a loaf.
- Place in a greased 11-in. x 7-in. baking dish.
- Bake, uncovered, at 350° for 30 minutes.
- Pour mushroom soup over loaf.
- Bake 1 hour longer or until meat is no longer pink and a meat thermometer reads 160°; drain.
- Let stand for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.0556522037672%

Nutrients (% of daily need)

Calories: 182.88kcal (9.14%), Fat: 8.23g (12.67%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 18.67g (6.79%), Sugar: 3.92g (4.35%), Cholesterol: 47.3mg (15.77%), Sodium: 1060.22mg (46.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Manganese: 0.32mg (16.19%), Potassium: 442.96mg (12.66%), Phosphorus: 96.93mg (9.69%), Vitamin K: 10.03µg (9.56%), Iron: 1.58mg (8.79%), Copper: 0.17mg (8.72%), Vitamin B2: 0.15mg (8.58%), Vitamin B3: 1.62mg (8.11%), Vitamin B1: 0.11mg (7.13%), Zinc: 1.04mg (6.96%), Selenium: 4.3µg (6.14%), Folate: 24.53µg (6.13%), Vitamin E: 0.81mg (5.42%), Calcium: 51.13mg (5.11%), Fiber: 1.17g (4.67%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.06mg (2.95%), Magnesium: 10.08mg (2.52%), Vitamin D: 0.22µg (1.47%), Vitamin A: 59.4IU (1.19%)