

Easy Meatloaf

READY IN



70 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 2 tablespoons brown sugar
- ☐ 1 eggs
- ☐ 1.5 pounds ground beef
- ☐ 0.3 cup catsup
- ☐ 1 cup milk
- ☐ 2 tablespoons mustard prepared
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper to taste

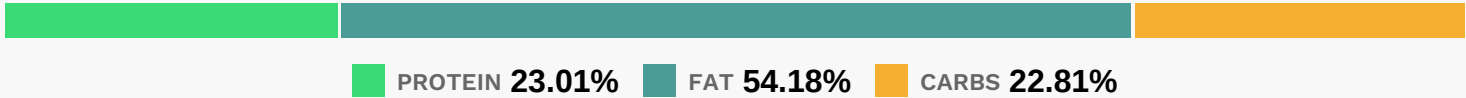
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
- ☐ In a separate small bowl, combine the brown sugar, mustard and ketchup.
- ☐ Mix well and pour over the meatloaf.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:11.726956522983%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 19.37g (29.81%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.31g (6.3%), Sugar: 8g (8.89%), Cholesterol: 84.5mg (28.17%), Sodium: 502.33mg (21.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.03%), Vitamin B12: 2.08µg (34.68%), Selenium: 19.88µg (28.4%), Zinc: 4.01mg (26.75%), Vitamin B3: 4.71mg (23.55%), Phosphorus: 209.1mg (20.91%), Vitamin B6: 0.36mg (17.76%), Vitamin B2: 0.27mg (15.9%), Iron: 2.54mg (14.14%), Vitamin B1: 0.2mg (13.39%), Potassium: 367.26mg (10.49%), Manganese: 0.18mg (9.05%), Calcium: 90.24mg (9.02%), Vitamin B5: 0.74mg (7.36%),

Magnesium: 29.33mg (7.33%), Folate: 26.79µg (6.7%), Copper: 0.11mg (5.44%), Fiber: 1.03g (4.13%), Vitamin E: 0.59mg (3.96%), Vitamin D: 0.53µg (3.54%), Vitamin K: 2.94µg (2.8%), Vitamin A: 133.35IU (2.67%), Vitamin C: 1.44mg (1.75%)