

Easy Pleasing Meatloaf

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 2 eggs beaten
- 2 lb ground beef lean
- 6 oz stove top stuffing mix for chicken
- 1 cup water

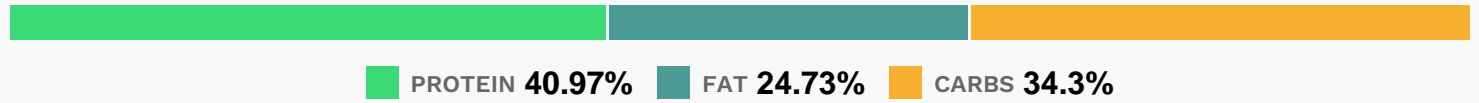
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Mix meat, stuffing mix, water, eggs and 1/4 cup barbecue sauce just until blended.
- Shape into loaf in 13x9-inch baking dish sprayed with cooking spray.
- Top with remaining barbecue sauce.
- Bake 1 hour or until done (160F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.384347829158%

Nutrients (% of daily need)

Calories: 227.12kcal (11.36%), Fat: 6.04g (9.29%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.19g (6.61%), Sugar: 6.19g (6.87%), Cholesterol: 89.15mg (29.72%), Sodium: 459.83mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Selenium: 26.84µg (38.34%), Vitamin B12: 2.11µg (35.23%), Zinc: 4.92mg (32.77%), Vitamin B3: 6.06mg (30.28%), Phosphorus: 223.89mg (22.39%), Vitamin B6: 0.41mg (20.36%), Iron: 3.05mg (16.96%), Vitamin B2: 0.26mg (15.47%), Potassium: 401.05mg (11.46%), Vitamin B1: 0.15mg (9.69%), Folate: 37.53µg (9.38%), Vitamin B5: 0.81mg (8.08%), Magnesium: 29.91mg (7.48%), Copper: 0.13mg (6.54%), Manganese: 0.13mg (6.53%), Vitamin E: 0.53mg (3.5%), Calcium: 35.02mg (3.5%), Fiber: 0.67g (2.69%), Vitamin D: 0.27µg (1.78%), Vitamin A: 79.89IU (1.6%)