



## Easy Pleasing Meatloaves

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

- oven
- baking pan

aluminum foil

## Directions

- Preheat oven to 400F.
- Mix meat, stuffing mix, water, eggs and 1/4 cup of the barbecue sauce.
- Shape meat mixture into four oval loaves.
- Place, side-by-side, in foil-lined shallow baking pan. Top with the remaining 1/4 cup barbecue sauce.
- Bake 30 min. or until cooked through (160F).
- Cut each meatloaf in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8004348406811%

## Nutrients (% of daily need)

Calories: 83.32kcal (4.17%), Fat: 4.91g (7.56%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.55g (1.72%), Cholesterol: 24.33mg (8.11%), Sodium: 115.18mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Selenium: 6.16µg (8.81%), Vitamin B12: 0.51µg (8.43%), Zinc: 1.02mg (6.82%), Vitamin B3: 1.23mg (6.13%), Phosphorus: 46.9mg (4.69%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.06mg (3.69%), Iron: 0.66mg (3.69%), Folate: 9.84µg (2.46%), Vitamin B1: 0.04mg (2.45%), Potassium: 83.03mg (2.37%), Vitamin B5: 0.17mg (1.7%), Manganese: 0.03mg (1.63%), Magnesium: 6.34mg (1.59%), Copper: 0.03mg (1.45%), Calcium: 10.8mg (1.08%), Vitamin E: 0.16mg (1.07%)