



Easy Venison Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbeque sauce
- ☐ 2 large eggs lightly beaten
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 pounds ground venison
- ☐ 1 onion finely chopped
- ☐ 6 ounce bread stuffing mix dry stove top® such as
- ☐ 1 cup water

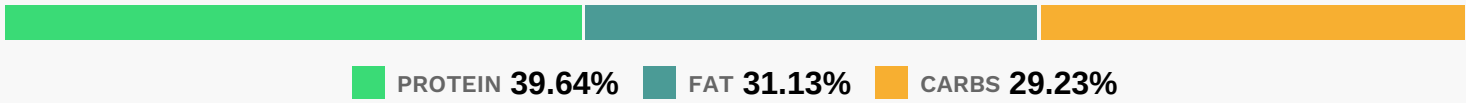
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix venison, stuffing mix, water, onion, 1/4 cup barbeque sauce, eggs, salt, and black pepper together in a large bowl until fully incorporated. Shape venison mixture into a loaf and place in a 9x13-inch baking dish.
- ☐ Spread 1/4 cup barbeque sauce over the top of loaf.
- ☐ Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:23.039565086365%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 398.72kcal (19.94%), Fat: 13.43g (20.66%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.01g (9.82%), Sugar: 7.14g (7.93%), Cholesterol: 183.24mg (61.08%), Sodium: 660.84mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.92%), Vitamin B1: 1.01mg (67.6%), Vitamin B3: 10.36mg (51.79%), Vitamin B12: 2.98µg (49.69%), Selenium: 34.1µg (48.71%), Zinc: 6.89mg (45.9%), Vitamin B6: 0.8mg (40.21%), Phosphorus: 384.74mg (38.47%), Vitamin B2: 0.64mg (37.44%), Iron: 5.91mg (32.84%), Potassium: 647.43mg (18.5%), Folate: 65.25µg (16.31%), Copper: 0.31mg (15.73%), Vitamin B5: 1.46mg (14.55%), Manganese: 0.25mg (12.28%), Magnesium: 49.04mg (12.26%), Vitamin E: 1.06mg (7.09%), Calcium: 63.24mg (6.32%), Fiber: 1.35g (5.41%), Vitamin K: 2.63µg (2.5%), Vitamin A: 118.17IU (2.36%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.43mg (1.73%)