



## Eileen's Meatloaf

READY IN



75 min.

SERVINGS



12

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups breadcrumbs dried italian-style
- 1 ounce onion soup mix dry
- 1 eggs
- 1.5 pounds ground beef
- 0.5 cup parmesan cheese grated
- 1 cup cream sour
- 2 tablespoons worcestershire sauce

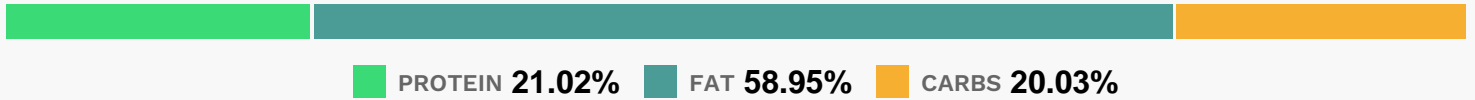
### Equipment

- bowl
- oven
- loaf pan
- aluminum foil

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, combine the beef, egg, sour cream and Worcestershire sauce.
- Mix in soup mix, cheese, and bread crumbs. Form mixture into a loaf, and place in a 9x5 inch loaf pan. Cover with foil.
- Bake at 375 degrees F (190 degrees C) for 45 minutes.
- Remove foil and continue baking for another 10 to 15 minutes.
- Let stand 5 to 10 minutes before serving for easier slicing.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:8.8186956903209%

## Nutrients (% of daily need)

Calories: 267.18kcal (13.36%), Fat: 17.3g (26.61%), Saturated Fat: 7.21g (45.07%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.47g (4.53%), Sugar: 1.9g (2.11%), Cholesterol: 68.83mg (22.94%), Sodium: 447.44mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.75%), Vitamin B12: 1.39µg (23.16%), Selenium: 15.33µg (21.9%), Zinc: 2.89mg (19.26%), Vitamin B3: 3.37mg (16.85%), Phosphorus: 166.79mg (16.68%), Vitamin B2: 0.21mg (12.46%), Vitamin B6: 0.23mg (11.53%), Vitamin B1: 0.17mg (11.33%), Iron: 2.03mg (11.27%), Calcium: 99.57mg (9.96%), Manganese: 0.15mg (7.61%), Potassium: 255.93mg (7.31%), Folate: 21.76µg (5.44%), Magnesium: 21.04mg (5.26%), Vitamin B5: 0.51mg (5.13%), Copper: 0.09mg (4.54%), Vitamin A: 177.84IU (3.56%), Fiber: 0.76g (3.05%), Vitamin E: 0.38mg (2.54%), Vitamin K: 2.34µg (2.23%), Vitamin D: 0.15µg (1.01%)