



Ellen's Buffalo Meatloaf

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



75 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup tomatoes diced canned drained
- ☐ 1 eggs lightly beaten
- ☐ 1 pound ground buffalo meat
- ☐ 1 dash ground pepper black
- ☐ 0.3 cup catsup
- ☐ 1 slice multigrain bread
- ☐ 1 teaspoon ground mustard
- ☐ 1 onion diced

☐ 1 teaspoon salt

Equipment

☐ bowl

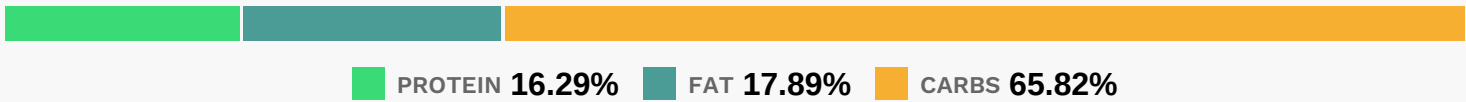
☐ oven

☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Crumble the bread slice into crumbs and set aside. Grease an 8x8 inch baking dish.
- ☐ Thoroughly mix ground buffalo meat, onion, egg, ground mustard, tomatoes, salt, pepper, and bread crumbs in a large bowl.
- ☐ Form the meat mixture into a loaf shape about 8x4 inches and place into the middle of the baking dish. Apply ketchup to the top and sides of the meatloaf.
- ☐ Bake in preheated oven until meat is no longer pink and ketchup forms a glaze over the meatloaf, 1 1/2 hours.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:2.38, Inflammation Score:-4, Nutrition Score:5.171739127325%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 74.96kcal (3.75%), Fat: 1.58g (2.43%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.64g (4.23%), Sugar: 6.88g (7.65%), Cholesterol: 40.92mg (13.64%), Sodium: 875.41mg (38.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Manganese: 0.26mg (12.97%), Selenium: 6.55µg (9.36%), Vitamin C: 7.08mg (8.58%), Vitamin B2: 0.13mg (7.57%), Vitamin B6: 0.15mg (7.52%), Phosphorus: 62.52mg (6.25%), Potassium: 217.77mg (6.22%), Fiber: 1.46g (5.86%), Iron: 0.99mg (5.5%), Vitamin E: 0.78mg (5.22%), Vitamin B3: 0.98mg (4.9%), Folate: 19.55µg (4.89%), Magnesium: 18.92mg (4.73%), Vitamin B1: 0.07mg (4.73%), Copper: 0.09mg (4.33%), Vitamin A: 215.7IU (4.31%), Calcium: 42.65mg (4.26%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.44mg (2.94%), Vitamin K: 2.66µg (2.54%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)