



 **72%**  
HEALTH SCORE

## Family Classic Meatloaf

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup heinz chili sauce
- 10 oz condensed cream of tomato soup divided canned
- 1 eggs beaten
- 1.5 lb extra-lean ground beef
- 1 onion chopped
- 6 oz stove top stuffing mix for chicken
- 1 tsp thyme leaves dried

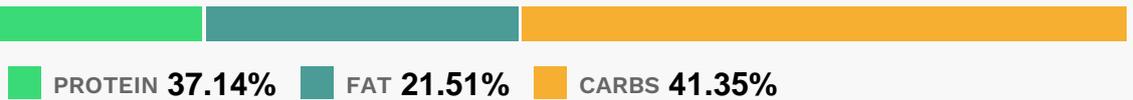
## Equipment

- frying pan
- sauce pan
- oven
- loaf pan

## Directions

- Heat oven to 350F.
- Mix first 5 ingredients and 1/2 cup soup just until blended; press into 8x4-inch loaf pan sprayed with cooking spray.
- Bake 55 min. or until done (160F). About 5 min. before meatloaf is done, cook remaining soup and chili sauce in saucepan on medium heat until heated through, stirring occasionally.
- Remove meatloaf from pan; top with soup mixture.

## Nutrition Facts



## Properties

Glycemic Index:108.5, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:70.219565598861%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.73mg, Quercetin: 22.73mg, Quercetin: 22.73mg, Quercetin: 22.73mg

## Nutrients (% of daily need)

Calories: 1946.33kcal (97.32%), Fat: 45.56g (70.1%), Saturated Fat: 18.53g (115.81%), Carbohydrates: 197.06g (65.69%), Net Carbohydrates: 184.88g (67.23%), Sugar: 51.3g (57%), Cholesterol: 587.22mg (195.74%), Sodium: 4889.2mg (212.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 177.03g (354.05%), Selenium: 223.35µg (319.07%), Vitamin B12: 15.67µg (261.11%), Vitamin B3: 50.89mg (254.44%), Zinc: 37.6mg (250.68%), Phosphorus: 1830.25mg (183.02%), Vitamin B6: 3.49mg (174.41%), Iron: 26.03mg (144.63%), Potassium: 4844.54mg (138.42%), Vitamin B2: 2.11mg (123.97%), Vitamin B1: 1.54mg (102.79%), Folate: 367.87µg (91.97%), Manganese: 1.64mg (81.88%), Magnesium: 283.16mg (70.79%), Vitamin C: 56.91mg (68.98%), Copper: 1.24mg (61.91%), Vitamin B5: 5.86mg (58.58%), Fiber: 12.18g (48.73%), Vitamin A: 1856.61IU (37.13%), Vitamin E: 5.31mg (35.4%), Calcium: 329.91mg

(32.99%), Vitamin K: 17.11µg (16.29%), Vitamin D: 1.56µg (10.4%)