



French Onion Meatloaf

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded mexican style divided kraft finely
- 2 eggs
- 2.8 oz fried onions french divided crushed canned
- 0.5 tsp garlic powder
- 2 green onions sliced
- 2 lb ground beef lean
- 0.3 tsp onion powder
- 1 pkt. shake n bake seasoned panko seasoned coating mix

- 0.3 cup water
- 0.3 cup onions yellow finely chopped

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Combine coating mix and seasonings in large bowl; stir in 3/4 cup cheese.
- Reserve half the onions.
- Add remaining onions to cheese mixture with all remaining ingredients; mix just until blended.
- Shape into 10x4-inch loaf in 13x9-inch pan sprayed with cooking spray.
- Bake 1 hour. Top with remaining onions and cheese; bake 10 min. or until meatloaf is done (160F) and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.7834782516179%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 78.56kcal (3.93%), Fat: 4.36g (6.71%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.1g (0.11%), Cholesterol: 33.43mg (11.14%), Sodium: 84.04mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin B12: 0.74µg (12.39%), Zinc: 1.72mg (11.49%), Selenium: 7.25µg (10.36%), Phosphorus: 83.89mg (8.39%), Vitamin B3: 1.67mg (8.36%), Vitamin B6: 0.13mg (6.46%),

Vitamin B2: 0.08mg (4.69%), Iron: 0.8mg (4.42%), Potassium: 116.55mg (3.33%), Calcium: 32.06mg (3.21%), Vitamin B5: 0.26mg (2.57%), Magnesium: 8.4mg (2.1%), Vitamin K: 1.85µg (1.76%), Copper: 0.03mg (1.43%), Vitamin A: 61.58IU (1.23%), Folate: 4.48µg (1.12%), Vitamin B1: 0.02mg (1.07%)