

Garden Meatloaf

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 1.5 cups bread crumbs dry
- 1 eggs beaten
- 1.5 pounds ground beef chuck
- 0.5 cup onion chopped
- 15 ounce chunky salsa

Equipment

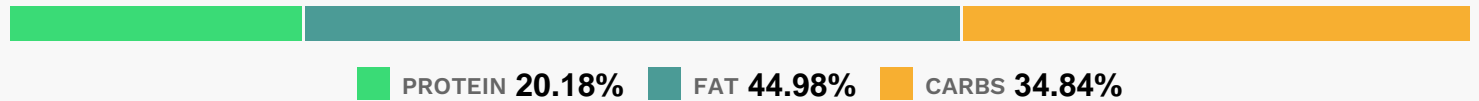
- bowl

- oven
- loaf pan
- baking pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- Lightly mix the ground chuck, onion, brown sugar, egg, salsa, and bread crumbs in a bowl, and spoon into the prepared baking dish.
- Bake in the preheated oven for about 45 minutes, until the meatloaf is cooked all the way through and the top is browned. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:17.551304444023%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 500.72kcal (25.04%), Fat: 24.96g (38.39%), Saturated Fat: 9.28g (57.97%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 40.78g (14.83%), Sugar: 22.75g (25.28%), Cholesterol: 107.79mg (35.93%), Sodium: 754.63mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Vitamin B12: 2.59µg (43.11%), Selenium: 26.99µg (38.56%), Vitamin B3: 7.42mg (37.1%), Zinc: 5.4mg (35.97%), Vitamin B6: 0.56mg (27.98%), Phosphorus: 265.52mg (26.55%), Vitamin B1: 0.34mg (22.91%), Iron: 4.09mg (22.71%), Vitamin B2: 0.34mg (19.79%), Manganese: 0.37mg (18.53%), Potassium: 595.92mg (17.03%), Folate: 45.83µg (11.46%), Magnesium: 45.38mg (11.35%), Calcium: 112.06mg (11.21%), Fiber: 2.72g (10.87%), Copper: 0.2mg (10.16%), Vitamin B5: 1.01mg (10.14%), Vitamin E: 1.43mg (9.54%), Vitamin A: 380.06IU (7.6%), Vitamin K: 6.88µg (6.55%), Vitamin C: 2.33mg (2.83%), Vitamin D: 0.26µg (1.73%)