



Glazed Beef Loaf

READY IN



105 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bread cubed
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.7 cup carrots shredded
- 2 eggs
- 0.3 cup catsup
- 2 pounds ground beef lean
- 0.7 cup milk
- 1 tablespoon mustard prepared

- 0.7 cup onion finely chopped
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 6 ounces cheddar cheese shredded

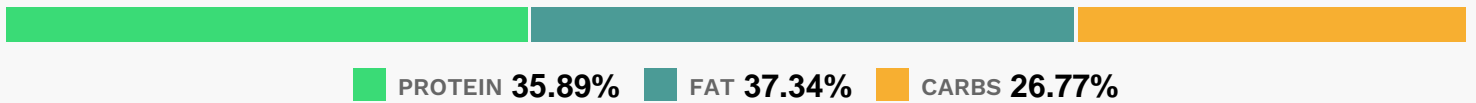
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- In a bowl combine milk, eggs and bread; let stand for 5 minutes.
- Add the cheese, carrot, onion, salt and pepper. Crumble beef over mixture and mix well. Shape into a loaf in a greased 13-in. x 9-in. baking dish.
- Bake, uncovered, at 350° for 1-1/4 hours; drain.
- Combine brown sugar, ketchup and mustard; spread over meat loaf.
- Bake 15 minutes longer or until the meat is no longer pink and a meat thermometer reads 160°.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:3.81, Inflammation Score:-8, Nutrition Score:19.452173913043%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 369.64kcal (18.48%), Fat: 15.18g (23.36%), Saturated Fat: 7.45g (46.53%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.42g (8.52%), Sugar: 17.72g (19.69%), Cholesterol: 134.93mg (44.98%), Sodium: 968.68mg (42.12%), Protein: 32.84g (65.67%), Vitamin B12: 2.97µg (49.55%), Selenium: 33.47µg (47.82%), Zinc: 6.97mg (46.44%), Vitamin A: 2127.98IU (42.56%), Phosphorus: 389.99mg (39%), Vitamin B3: 7.11mg (35.56%), Vitamin B6: 0.55mg (27.58%), Vitamin B2: 0.4mg (23.81%), Calcium: 225.77mg (22.58%), Iron: 3.53mg (19.6%), Potassium: 565.94mg (16.17%), Vitamin B5: 1.22mg (12.2%), Magnesium: 44.6mg (11.15%), Manganese: 0.21mg (10.42%), Vitamin B1: 0.13mg (8.61%), Folate: 29.74µg (7.44%), Copper: 0.14mg (7.18%), Vitamin E: 0.81mg (5.42%), Vitamin D: 0.68µg (4.56%), Fiber: 1.06g (4.26%), Vitamin K: 3.28µg (3.12%), Vitamin C: 1.95mg (2.37%)