

Glazed Meatloaf I



Dairy Free



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon beef bouillon granules
- ☐ 3 slices bread
- ☐ 0.3 cup brown sugar
- ☐ 1 eggs beaten
- ☐ 2 pounds ground beef
- ☐ 0.5 cup catsup
- ☐ 0.3 cup juice of lemon divided
- ☐ 1 teaspoon ground mustard

☐ 0.3 cup onion chopped

Equipment

☐ bowl

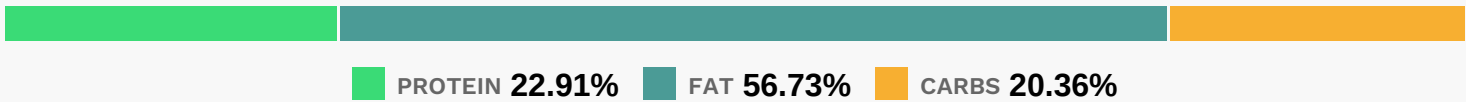
☐ oven

☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl, combine the ketchup, brown sugar, 1 tablespoon lemon juice and mustard powder.
- ☐ In a separate large bowl, combine the ground beef, bread, onion, egg, bouillon, remaining lemon juice and 1/3 of the ketchup mixture from the small bowl.
- ☐ Mix this well and place in a 5x9 inch loaf pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, drain any excess fat, coat with remaining ketchup mixture and bake for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:3.71, Inflammation Score:-3, Nutrition Score:16.533043591873%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 506.7kcal (25.33%), Fat: 31.76g (48.86%), Saturated Fat: 11.95g (74.7%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 24.84g (9.03%), Sugar: 17.55g (19.51%), Cholesterol: 134.64mg (44.88%), Sodium: 443.17mg (19.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Vitamin B12: 3.3µg (55.07%), Zinc:

6.64mg (44.24%), Selenium: 30.08µg (42.97%), Vitamin B3: 7.52mg (37.61%), Vitamin B6: 0.57mg (28.38%), Phosphorus: 283.42mg (28.34%), Iron: 3.78mg (21.01%), Vitamin B2: 0.33mg (19.46%), Potassium: 534.56mg (15.27%), Manganese: 0.23mg (11.55%), Vitamin B5: 1.04mg (10.37%), Magnesium: 38.7mg (9.68%), Vitamin B1: 0.14mg (9.1%), Folate: 31.8µg (7.95%), Copper: 0.15mg (7.37%), Vitamin E: 1.05mg (6.99%), Calcium: 65.2mg (6.52%), Vitamin C: 5.3mg (6.42%), Vitamin K: 4.07µg (3.88%), Fiber: 0.8g (3.22%), Vitamin A: 143.33IU (2.87%), Vitamin D: 0.3µg (1.99%)