



Gluten-Free Glazed Meatloaf

READY IN



100 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 0.5 cup cracker crumbs gluten free crushed
- 1 tablespoon dijon mustard gluten free
- 1 teaspoon dijon mustard gluten free
- 1 eggs
- 0.5 cup catsup gluten free
- 2 tablespoons catsup gluten free
- 1.5 lb ground beef 80% lean (at least)
- 2 tablespoons milk

- 0.3 cup onion finely chopped
- 0.3 teaspoon pepper
- 1 teaspoon sage dried
- 0.5 teaspoon salt

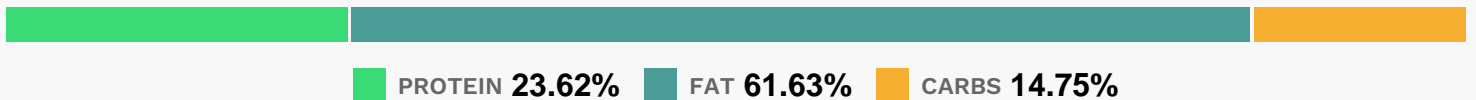
Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 350F. In large bowl, combine all meatloaf ingredients.
- Spread mixture in ungreased 8x4- or 9x5-inch loaf pan.
- In small bowl, combine all glaze ingredients.
- Spread over meatloaf.
- Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer inserted in center of loaf reads 160F.
- Drain.
- Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:14.602174033289%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 365.25kcal (18.26%), Fat: 24.86g (38.25%), Saturated Fat: 9.32g (58.26%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.86g (4.68%), Sugar: 8.36g (9.29%), Cholesterol: 108.39mg (36.13%), Sodium: 590.55mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.89%), Copper: 1.12mg (56.03%), Vitamin B12: 2.52µg (41.98%), Zinc: 4.97mg (33.15%), Selenium: 20.97µg (29.95%), Vitamin B3: 5.44mg (27.19%), Phosphorus: 225.4mg (22.54%), Vitamin B6: 0.44mg (21.92%), Vitamin B2: 0.27mg (15.77%), Iron: 2.77mg (15.4%), Potassium: 423.2mg (12.09%), Vitamin B5: 0.76mg (7.55%), Vitamin E: 1.1mg (7.32%), Magnesium: 28.34mg (7.09%), Manganese: 0.14mg (6.81%), Vitamin B1: 0.09mg (6.05%), Vitamin K: 5.55µg (5.29%), Calcium: 50.6mg (5.06%), Folate: 19.19µg (4.8%), Vitamin A: 178.95IU (3.58%), Fiber: 0.53g (2.12%), Vitamin D: 0.32µg (2.1%), Vitamin C: 1.7mg (2.06%)