

Grandma's Meatloaf

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce mushrooms drained canned
- 10.8 ounce cream of mushroom soup canned
- 1 eggs
- 1.5 pounds ground beef
- 0.5 pound diestel breakfast sausage
- 1 cup seasoned bread crumbs italian
- 1 onion chopped

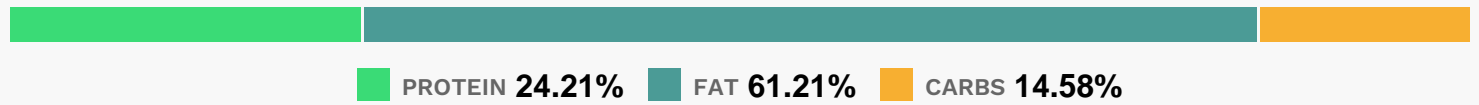
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, combine the ground beef, sausage, bread crumbs, onion, mushrooms, soup and egg.
- Mix together well and place in a 5x9 inch loaf pan.
- Bake at 375 degrees F (190 degrees C) for 50 minutes.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:18.825652360916%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 533.66kcal (26.68%), Fat: 35.8g (55.08%), Saturated Fat: 13.16g (82.24%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 17.28g (6.28%), Sugar: 2.45g (2.72%), Cholesterol: 137.75mg (45.92%), Sodium: 1045.21mg (45.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Vitamin B12: 2.96µg (49.41%), Zinc: 6.68mg (44.56%), Vitamin B3: 8.63mg (43.13%), Selenium: 25.16µg (35.95%), Phosphorus: 314.2mg (31.42%), Vitamin B6: 0.58mg (29.19%), Vitamin B1: 0.38mg (25.63%), Iron: 4.29mg (23.85%), Vitamin B2: 0.37mg (21.79%), Manganese: 0.41mg (20.32%), Potassium: 574.43mg (16.41%), Copper: 0.31mg (15.35%), Vitamin B5: 1.35mg (13.51%), Folate: 45.15µg (11.29%), Vitamin K: 11.49µg (10.94%), Magnesium: 43.23mg (10.81%), Fiber: 1.9g (7.61%), Calcium: 72.91mg (7.29%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.67mg (4.48%), Vitamin C: 2.16mg (2.62%), Vitamin A: 106.92IU (2.14%)