



Ham & Cheese Meatloaf

READY IN



75 min.

SERVINGS



15

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 1 eggs beaten
- 1.5 lb extra-lean ground beef
- 0.3 cup parsley fresh chopped
- 3 slices oscar mayer ham smoked cut in half
- 1 onion finely chopped
- 0.8 cup ritz crackers crushed
- 1 cup cheddar cheese shredded divided kraft

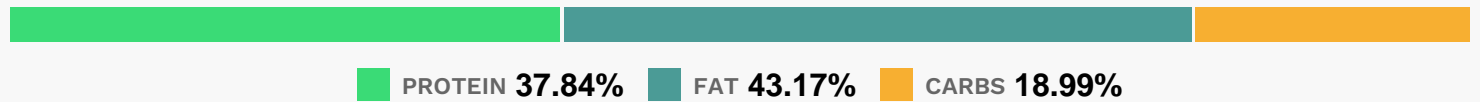
Equipment

- bowl
- oven
- loaf pan

Directions

- Heat oven to 375F.
- Place first 5 ingredients in large bowl.
- Add half each of the cheese and barbecue sauce; mix well. Press half onto bottom of 9x5-inch loaf pan.
- Cover with half the ham, remaining cheese and remaining ham; top with remaining ground beef mixture. Shape into loaf.
- Bake 1 hour 5 min. or until done (160F), brushing with remaining barbecue sauce after 50 min.
- Let stand 5 min. before slicing.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:7.7613042541172%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 145.13kcal (7.26%), Fat: 6.82g (10.49%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.76g (4.18%), Cholesterol: 50.04mg (16.68%), Sodium: 275.35mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin B12: 1.16µg (19.3%), Zinc: 2.81mg (18.74%), Selenium: 12.5µg (17.85%), Vitamin K: 18.43µg (17.55%), Phosphorus: 154.91mg (15.49%), Vitamin B3:

2.97mg (14.86%), Vitamin B6: 0.23mg (11.4%), Vitamin B2: 0.15mg (8.72%), Iron: 1.46mg (8.13%), Calcium: 70.21mg (7.02%), Potassium: 224.74mg (6.42%), Vitamin B1: 0.08mg (5.02%), Vitamin B5: 0.43mg (4.33%), Magnesium: 16.47mg (4.12%), Vitamin A: 197.07IU (3.94%), Copper: 0.06mg (2.96%), Vitamin E: 0.42mg (2.83%), Folate: 10.66µg (2.67%), Vitamin C: 1.93mg (2.34%), Manganese: 0.05mg (2.31%), Vitamin D: 0.19µg (1.26%), Fiber: 0.31g (1.25%)