



## Healthier Brown Sugar Meatloaf

READY IN



80 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons brown sugar packed
- 2 eggs
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground pepper black
- 0.5 cup catsup
- 1.5 pounds ground beef lean
- 0.8 cup milk 1% low-fat ()
- 1 small onion chopped
- 0.3 cup parsley chopped

- 1.5 teaspoons salt
- 0.8 cup bread crumbs whole wheat

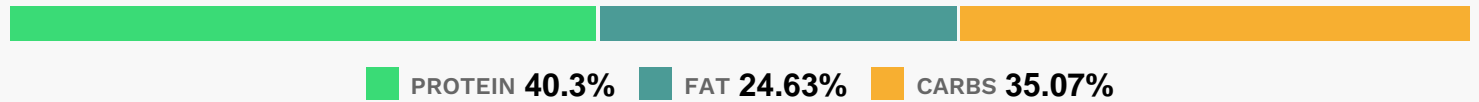
## Equipment

- oven
- mixing bowl
- loaf pan
- kitchen thermometer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.
- Press brown sugar in the bottom of prepared loaf pan and spread ketchup over sugar.
- Mix ground beef, milk, eggs, salt, ground pepper, onion, ginger, bread crumbs, and parsley thoroughly in a mixing bowl. Shape into a loaf and place on top of ketchup.
- Bake in preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:12.962173990581%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 209.43kcal (10.47%), Fat: 5.89g (9.06%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.58g (6.39%), Sugar: 9.42g (10.47%), Cholesterol: 94.76mg (31.59%), Sodium: 709.15mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Vitamin B12: 2.14µg (35.63%), Zinc:

4.63mg (30.88%), Vitamin K: 31.65µg (30.14%), Selenium: 18.88µg (26.98%), Vitamin B3: 4.97mg (24.83%), Phosphorus: 220.87mg (22.09%), Vitamin B6: 0.4mg (20.18%), Iron: 3.17mg (17.59%), Vitamin B2: 0.25mg (14.56%), Potassium: 417.67mg (11.93%), Vitamin B5: 0.83mg (8.27%), Vitamin C: 5.78mg (7.01%), Magnesium: 27.11mg (6.78%), Vitamin A: 338.2IU (6.76%), Calcium: 52.9mg (5.29%), Fiber: 1.29g (5.17%), Copper: 0.1mg (4.81%), Vitamin E: 0.59mg (3.96%), Vitamin B1: 0.06mg (3.95%), Folate: 15.79µg (3.95%), Manganese: 0.07mg (3.71%), Vitamin D: 0.55µg (3.66%)