



Healthier Easy Meatloaf

READY IN



70 min.

SERVINGS



8

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 large carrots grated
- ☐ 1 eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.3 cup catsup
- ☐ 1.5 pounds ground beef lean
- ☐ 1 cup milk 1% low-fat ()
- ☐ 2 tablespoons mustard prepared

- ☐ 1 onion chopped
- ☐ 1 cup bread crumbs whole wheat

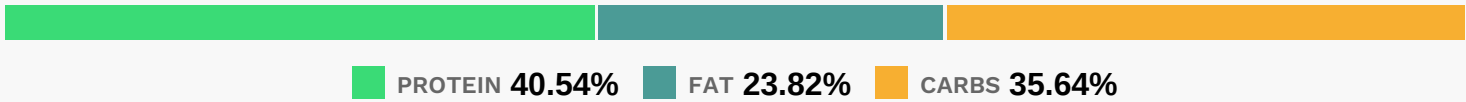
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.
- ☐ Combine beef, egg, onion, milk, bread crumbs, parsley, and carrot in a large bowl. Season with salt and black pepper.
- ☐ Place beef mixture in loaf pan.
- ☐ Stir together brown sugar, mustard, and ketchup in a small bowl.
- ☐ Pour over meatloaf.
- ☐ 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:21.23, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:16.358260952908%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 207.12kcal (10.36%), Fat: 5.71g (8.79%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.05g (6.2%), Sugar: 6.61g (7.35%), Cholesterol: 74.67mg (24.89%), Sodium: 288.7mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Vitamin K: 63.56µg (60.54%), Vitamin A: 1961.74IU (39.23%), Vitamin B12: 2.13µg (35.57%), Zinc: 4.65mg (31.03%), Selenium: 18.56µg (26.51%), Vitamin B3: 5.03mg (25.15%), Phosphorus: 225.85mg (22.59%), Vitamin B6: 0.41mg (20.6%), Iron: 3.47mg (19.27%), Vitamin B2: 0.24mg (13.84%), Potassium: 455.46mg (13.01%), Vitamin C: 9.66mg (11.71%), Fiber: 2.17g (8.7%), Vitamin B5: 0.81mg (8.13%), Magnesium: 30.65mg (7.66%), Calcium: 64.76mg (6.48%), Vitamin B1: 0.08mg (5.18%), Copper: 0.1mg (4.9%), Folate: 18.64µg (4.66%), Manganese: 0.09mg (4.34%), Vitamin E: 0.55mg (3.68%), Vitamin D: 0.52µg (3.46%)