



Home-Style Meat Loaf

 Popular

READY IN



80 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs italian progresso®
- 2 eggs beaten
- 0.3 cup catsup
- 1 lb ground beef lean
- 0.5 cup milk
- 0.3 cup onion finely chopped

Equipment

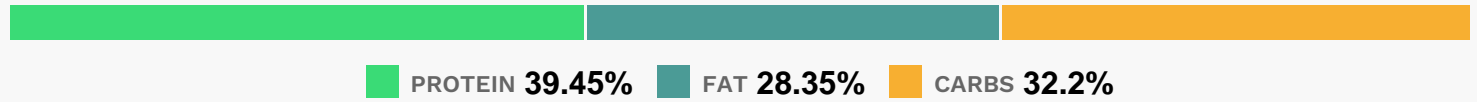
- bowl

- oven
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 350°F. In large bowl, combine all meat loaf ingredients; mix well. Press mixture in ungreased 8x4-inch loaf pan.
- Bake at 350°F. for 40 minutes.
- Remove meat loaf from oven.
- Spread 1/4 cup ketchup evenly over top. Return to oven; bake an additional 15 to 20 minutes or until meat thermometer reaches 160°F. and beef is thoroughly cooked.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:12.67739131658%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 220.61kcal (11.03%), Fat: 6.8g (10.46%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 16.42g (5.97%), Sugar: 4.56g (5.07%), Cholesterol: 103.87mg (34.62%), Sodium: 301.18mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin B12: 2µg (33.28%), Selenium: 22.68µg (32.4%), Zinc: 4.41mg (29.4%), Vitamin B3: 5.53mg (27.65%), Phosphorus: 233.5mg (23.35%), Vitamin B6: 0.38mg (18.96%), Vitamin B2: 0.31mg (18.1%), Iron: 2.97mg (16.52%), Vitamin B1: 0.23mg (15.1%), Potassium: 385.42mg (11.01%), Manganese: 0.2mg (9.82%), Vitamin B5: 0.9mg (8.98%), Folate: 32.1µg (8.02%), Magnesium: 30.54mg (7.63%), Calcium: 76mg (7.6%), Copper: 0.13mg (6.3%), Vitamin D: 0.59µg (3.95%), Fiber: 0.95g (3.81%), Vitamin E: 0.54mg (3.58%), Vitamin A: 163.57IU (3.27%), Vitamin K: 1.85µg (1.76%), Vitamin C: 0.9mg (1.09%)