



Home-Style Meat Loaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 large egg whites lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 pounds ground round
- ☐ 0.8 cup catsup divided
- ☐ 0.3 cup onion fresh minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup quick-cooking oats

☐ 0.3 teaspoon salt

Equipment

☐ bowl

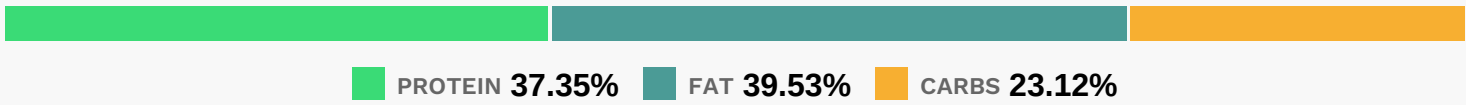
☐ oven

☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1/2 cup ketchup, oats, and next 6 ingredients (oats through egg whites) in a large bowl.
- ☐ Add meat; stir just until blended. Shape meat mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray.
- ☐ Brush 1/4 cup ketchup over meat loaf.
- ☐ Bake at 350 for 1 hour and 10 minutes.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.74, Inflammation Score:-4, Nutrition Score:14.915652161059%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 271.62kcal (13.58%), Fat: 11.87g (18.27%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 14.73g (5.35%), Sugar: 8.8g (9.78%), Cholesterol: 73.71mg (24.57%), Sodium: 463.89mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.48%), Vitamin B12: 2.52µg (41.93%), Zinc:

5.73mg (38.2%), Selenium: 23.59µg (33.71%), Vitamin B3: 6.28mg (31.38%), Phosphorus: 251.97mg (25.2%), Vitamin B6: 0.48mg (24.17%), Vitamin K: 24.05µg (22.91%), Manganese: 0.36mg (17.78%), Iron: 3.09mg (17.15%), Vitamin B2: 0.29mg (16.84%), Potassium: 511.33mg (14.61%), Magnesium: 47.69mg (11.92%), Vitamin B5: 0.77mg (7.75%), Copper: 0.14mg (7.07%), Vitamin B1: 0.09mg (6.14%), Vitamin E: 0.86mg (5.74%), Vitamin A: 266.81IU (5.34%), Vitamin C: 3.5mg (4.24%), Folate: 15.43µg (3.86%), Fiber: 0.9g (3.61%), Calcium: 27.52mg (2.75%)