



Home-Style Meatloaf

READY IN



80 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 2 eggs beaten
- 1 cup breadcrumbs plain
- 1 teaspoon seasoning italian
- 0.5 cup catsup
- 0.5 cup milk
- 0.3 cup catsup

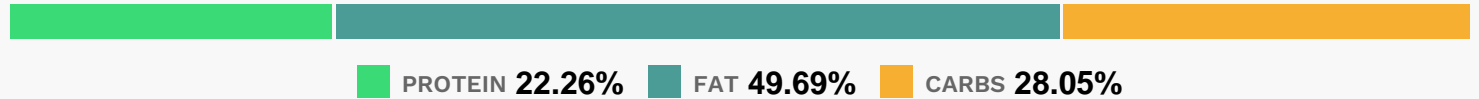
Equipment

- bowl
- oven
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 350°F. In large bowl, mix Meatloaf ingredients well. Press mixture in ungreased 8x4-inch loaf pan.
- Bake 40 minutes.
- Remove from oven.
- Spread 1/4 cup ketchup evenly over top.
- Bake an additional 15 to 20 minutes or until meat thermometer inserted in center of loaf reads 160°F.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:12.71652189545%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 330.14kcal (16.51%), Fat: 18.17g (27.95%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 21.93g (7.97%), Sugar: 8.83g (9.82%), Cholesterol: 110.68mg (36.89%), Sodium: 483.41mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Vitamin B12: 1.92µg (32.02%), Selenium: 21.02µg (30.03%), Zinc: 3.76mg (25.1%), Vitamin B3: 4.87mg (24.37%), Phosphorus: 208.95mg (20.89%),

Vitamin B2: 0.33mg (19.58%), Vitamin B6: 0.36mg (18.11%), Iron: 2.83mg (15.75%), Vitamin B1: 0.23mg (15.39%),
Manganese: 0.23mg (11.64%), Potassium: 388.37mg (11.1%), Calcium: 91.13mg (9.11%), Folate: 36.2µg (9.05%),
Vitamin B5: 0.8mg (8.05%), Magnesium: 30.26mg (7.56%), Copper: 0.13mg (6.65%), Vitamin E: 0.99mg (6.59%),
Vitamin A: 271.84IU (5.44%), Vitamin K: 5.65µg (5.38%), Fiber: 1.15g (4.62%), Vitamin D: 0.59µg (3.95%), Vitamin C:
1.73mg (2.1%)