

Homestyle Meatloaf

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons firmly brown sugar packed
- 0.5 cup celery finely chopped
- 0.3 cup dijon mustard
- 2 large eggs lightly beaten
- 2 tablespoons parsley fresh plus more for garnish chopped
- 2 pounds ground beef
- 1.3 teaspoons ground pepper black
- 1 tablespoon juice of lemon fresh

- 0.5 cup onion finely chopped
- 1.3 teaspoons salt
- 1 cup saltines crushed
- 6 ounce tomato paste canned
- 5 slices bread white
- 3 tablespoons worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 350 degrees F. Line a rimmed baking sheet with aluminum foil. Spray the foil with nonstick cooking spray.
- In a large bowl, combine the chuck, crackers, celery, onions, Worcestershire sauce, 2 tablespoons of the Dijon mustard, the parsley, 1 teaspoon each of the salt and pepper, the eggs and half the can of tomato paste, and mix together until just combined.
- Place the white bread on the bottom of a baking sheet and place the beef mixture on top. Shape the mixture into a 12-inch loaf.
- In a small bowl, combine the brown sugar and lemon juice with the remaining tomato paste, Dijon mustard and salt and pepper.
- Spread the mixture over the meatloaf and tent with aluminum foil.
- Bake until a meat thermometer registers 165 degrees F, about 50 minutes.
- Remove the foil during the last 10 minutes of cooking.
- Let the meatloaf stand for 10 minutes before slicing.
- Garnish with fresh parsley if desired.

Nutrition Facts

PROTEIN 23.4% FAT 55.47% CARBS 21.13%

Properties

Glycemic Index:33.47, Glycemic Load:6.22, Inflammation Score:-4, Nutrition Score:17.073043615922%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 418.97kcal (20.95%), Fat: 25.55g (39.31%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.16g (7.33%), Sugar: 6.15g (6.84%), Cholesterol: 127.01mg (42.34%), Sodium: 817.42mg (35.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin B12: 2.55µg (42.43%), Selenium: 28.31µg (40.44%), Zinc: 5.26mg (35.07%), Vitamin B3: 6.51mg (32.56%), Phosphorus: 255.29mg (25.53%), Iron: 4.32mg (24.01%), Vitamin B6: 0.47mg (23.36%), Vitamin K: 24.44µg (23.28%), Vitamin B2: 0.34mg (19.86%), Vitamin B1: 0.24mg (15.81%), Manganese: 0.32mg (15.8%), Potassium: 526.68mg (15.05%), Folate: 52.85µg (13.21%), Vitamin B5: 1.01mg (10.11%), Magnesium: 38.95mg (9.74%), Calcium: 91.41mg (9.14%), Copper: 0.18mg (9.04%), Vitamin E: 1.06mg (7.08%), Vitamin C: 5.81mg (7.04%), Fiber: 1.73g (6.93%), Vitamin A: 238.62IU (4.77%), Vitamin D: 0.36µg (2.42%)