



Honey Mustard Meatloaf

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

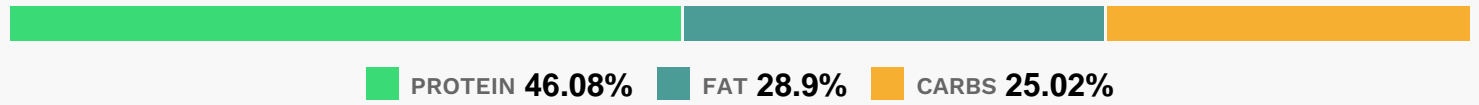
Ingredients

- 1 teaspoon basil
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- 3 tablespoons dijon mustard
- 0.3 cup breadcrumbs dry
- 2 eggs beaten
- 2 tablespoons spring onion chopped
- 1.5 lbs ground beef lean (combo, etc.)
- 3 tablespoons honey

- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:52.55, Glycemic Load:4.85, Inflammation Score:-3, Nutrition Score:14.468260869565%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 242.71kcal (12.14%), Fat: 7.66g (11.78%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 14.01g (5.09%), Sugar: 9.77g (10.85%), Cholesterol: 124.87mg (41.62%), Sodium: 417.17mg (18.14%), Protein: 27.47g (54.94%), Vitamin B12: 2.69µg (44.86%), Zinc: 6.15mg (41.01%), Selenium: 28.46µg (40.66%), Vitamin B3: 6.72mg (33.61%), Phosphorus: 276.75mg (27.67%), Vitamin B6: 0.5mg (25.1%), Iron: 3.48mg (19.32%), Vitamin B2: 0.29mg (16.95%), Potassium: 467.3mg (13.35%), Vitamin B5: 1.03mg (10.35%), Vitamin B1: 0.13mg (8.79%), Magnesium: 35mg (8.75%), Manganese: 0.14mg (7.11%), Copper: 0.13mg (6.54%), Folate: 23.57µg (5.89%), Vitamin K: 5.36µg (5.11%), Calcium: 39.81mg (3.98%), Fiber: 0.91g (3.66%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.41µg (2.71%), Vitamin A: 106.95IU (2.14%), Vitamin C: 1.45mg (1.76%)