

## Jackie's Special Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs beaten
- 1 tablespoon garlic powder
- 1 pound ground beef
- 6 servings ground pepper black to taste
- 0.8 cup catsup divided
- 1 tablespoon onion powder
- 1 cup panko bread crumbs
- 6 servings salt to taste

1 tablespoon seasoning blend salt-free

## Equipment

bowl

oven

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking pan.

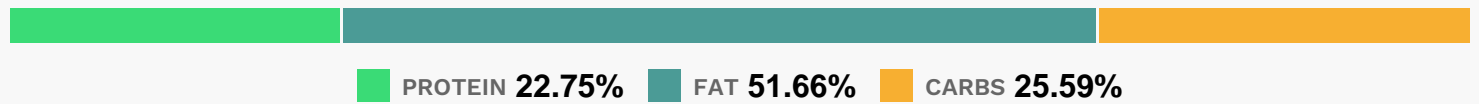
Place the ground beef, eggs, panko, and 1/2 cup ketchup in a large bowl.

Mix by hand, and season with salt-free seasoning blend, garlic powder, onion powder, salt, and pepper. Form into a loaf shape, and place on the prepared baking pan.

Drizzle with remaining 1/4 cup ketchup.

Bake 1 hour in the preheated oven, to an internal temperature of 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:12.912608732348%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 297.97kcal (14.9%), Fat: 17.21g (26.47%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.27g (6.28%), Sugar: 7.28g (8.08%), Cholesterol: 108.24mg (36.08%), Sodium: 612.86mg (26.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Vitamin B12: 1.78µg (29.72%), Selenium: 19.17µg (27.39%), Zinc: 3.7mg (24.67%), Vitamin B3: 4.43mg (22.14%), Vitamin B6: 0.39mg (19.25%), Iron: 3.35mg (18.61%), Phosphorus: 185.87mg (18.59%), Vitamin K: 18.5µg (17.62%), Vitamin B2: 0.28mg (16.77%), Manganese: 0.3mg (14.89%), Potassium: 388.08mg (11.09%), Vitamin B1: 0.15mg (10.27%), Vitamin E: 1.37mg (9.15%), Calcium: 90.07mg (9.01%), Folate: 32.82µg (8.2%), Magnesium: 31.99mg (8%), Fiber: 1.91g (7.64%), Vitamin B5: 0.72mg (7.16%), Copper: 0.14mg (6.94%), Vitamin A: 275.57IU (5.51%), Vitamin D: 0.37µg (2.46%), Vitamin C: 1.58mg

(1.91%)