



Kimberly's Meaty Meatloaf

READY IN



90 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1.5 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 2 pounds extra-lean ground beef
- ☐ 1 small onion diced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 tablespoon worcestershire sauce

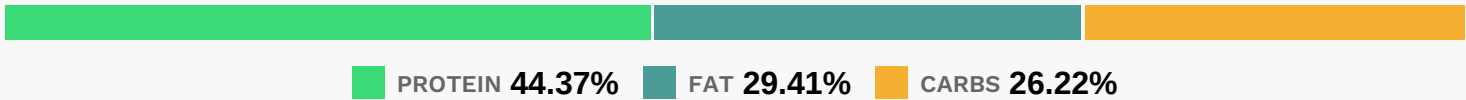
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a mixing bowl, combine ground beef, breadcrumbs, eggs, Worcestershire sauce, onion, and parmesan cheese. Shape into a loaf and place in a 8x4-inch loaf pan. Top with tomato sauce.
- ☐ Bake in preheated oven for 1 hour, or until internal temperature measures 160 degrees F (70 degrees C); the meat should be well done, with no trace of pink.
- ☐ Remove from oven, and allow to rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:16.96391314009%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 275.35kcal (13.77%), Fat: 8.76g (13.47%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 16.08g (5.85%), Sugar: 2.78g (3.09%), Cholesterol: 113.95mg (37.98%), Sodium: 441.92mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Vitamin B12: 2.75µg (45.85%), Zinc: 6.42mg (42.81%), Selenium: 29.52µg (42.18%), Vitamin B3: 7.88mg (39.41%), Phosphorus: 310.36mg (31.04%), Vitamin B6: 0.53mg (26.43%), Iron: 4.23mg (23.5%), Vitamin B2: 0.35mg (20.44%), Vitamin B1: 0.26mg (17.28%), Potassium: 558.45mg (15.96%), Manganese: 0.24mg (12.24%), Vitamin B5: 1.12mg (11.17%), Magnesium: 41.33mg (10.33%), Copper: 0.19mg (9.31%), Folate: 36.99µg (9.25%), Calcium: 88.17mg (8.82%), Fiber: 1.49g (5.94%), Vitamin E: 0.88mg (5.84%), Vitamin A: 210.2IU (4.2%), Vitamin C: 2.77mg (3.36%), Vitamin K: 2.6µg (2.48%), Vitamin D: 0.35µg (2.33%)