



## Kitchen Sink Meatloaf

READY IN



70 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons barbeque sauce
- 0.3 cup brown sugar
- 1 teaspoon parsley dried
- 0.7 cup bread crumbs dry
- 1 eggs lightly beaten
- 2 cloves garlic minced
- 1 pound ground beef
- 0.3 cup catsup
- 1 medium onion finely chopped

- 8 servings salt and pepper to taste
- 0.5 teaspoon lawry's seasoned salt
- 0.3 cup cheddar cheese shredded
- 2 tablespoons steak sauce
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- oven
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 5x9 inch loaf pan.
- In a bowl, stir together the egg, ketchup, barbeque sauce, steak sauce, Worcestershire sauce, brown sugar, onion, and garlic, seasoned salt, and salt and pepper.
- Mix in ground beef, bread crumbs, and Cheddar cheese.
- Spread into the loaf pan.
- Bake 55 minutes in the preheated oven, to a minimum internal temperature of 160 degrees F (70 degrees C).

## Nutrition Facts

 PROTEIN **20.36%**  FAT **48.98%**  CARBS **30.66%**

## Properties

Glycemic Index:10.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:8.3665217420329%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 258.66kcal (12.93%), Fat: 14g (21.54%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 18.95g (6.89%), Sugar: 11.35g (12.61%), Cholesterol: 65.42mg (21.81%), Sodium: 668.97mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Vitamin B12: 1.34µg (22.4%), Selenium: 14.2µg (20.28%), Zinc: 2.81mg (18.76%), Vitamin B3: 3.2mg (16.02%), Phosphorus: 146.87mg (14.69%), Vitamin B6: 0.25mg (12.72%), Vitamin B2: 0.19mg (11.11%), Iron: 1.88mg (10.44%), Vitamin B1: 0.13mg (8.43%), Calcium: 77.71mg (7.77%), Potassium: 263.5mg (7.53%), Manganese: 0.15mg (7.33%), Folate: 21.02µg (5.26%), Magnesium: 19.96mg (4.99%), Vitamin B5: 0.48mg (4.79%), Copper: 0.09mg (4.62%), Vitamin E: 0.53mg (3.51%), Fiber: 0.78g (3.1%), Vitamin A: 137.39IU (2.75%), Vitamin C: 1.95mg (2.37%), Vitamin K: 2.38µg (2.26%), Vitamin D: 0.19µg (1.3%)