



Lemon Barbeque Meatloaf

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices day-old bread
- 0.3 cup brown sugar
- 1 eggs beaten
- 0.3 teaspoon ground allspice
- 1.5 pounds ground beef
- 0.3 teaspoon ground cloves
- 0.5 cup catsup
- 6 slices optional: lemon

- 0.3 cup juice of lemon
- 1 teaspoon ground mustard
- 0.3 cup onion chopped
- 2 teaspoons seasoning salt
- 0.5 cup water

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish or a dish of similar size.
- In a large bowl, mix together the ground beef, lemon juice, water, egg, bread, onion and seasoning salt until well blended. Shape into 6 individual loaves - I like to make large balls.
- Place them in the prepared baking dish.
- Bake for 15 minutes in the preheated oven while you prepare the topping. In a small bowl, stir together the ketchup, brown sugar, mustard powder, allspice and cloves. Spoon the sauce over the loaves, then top each one with a slice of lemon. Return to the oven, and bake for an additional 30 minutes, or until cooked through.

Nutrition Facts



Properties

Glycemic Index:21.03, Glycemic Load:5.02, Inflammation Score:-3, Nutrition Score:14.50347818499%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 425.38kcal (21.27%), Fat: 24.43g (37.59%), Saturated Fat: 9.09g (56.78%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 27.34g (9.94%), Sugar: 17.95g (19.95%), Cholesterol: 107.79mg (35.93%), Sodium: 1136.5mg (49.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Vitamin B12: 2.49µg (41.53%), Selenium: 25.7µg (36.71%), Zinc: 5.11mg (34.09%), Vitamin B3: 6.19mg (30.93%), Phosphorus: 230.27mg (23.03%), Vitamin B6: 0.46mg (22.81%), Iron: 3.27mg (18.19%), Manganese: 0.34mg (16.91%), Vitamin B2: 0.29mg (16.91%), Potassium: 449.28mg (12.84%), Vitamin C: 9.05mg (10.97%), Vitamin B1: 0.14mg (9.45%), Vitamin B5: 0.9mg (8.98%), Magnesium: 35.13mg (8.78%), Folate: 33.83µg (8.46%), Copper: 0.14mg (6.92%), Calcium: 68mg (6.8%), Vitamin E: 0.92mg (6.14%), Fiber: 1.23g (4.93%), Vitamin K: 3.74µg (3.56%), Vitamin A: 145.54IU (2.91%), Vitamin D: 0.26µg (1.73%)