



## Little Meat Loaves

READY IN



90 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup brown sugar packed
- 0.8 cup buttery round crackers crushed
- 2 eggs beaten
- 1 teaspoon garlic salt
- 1 pound ground sausage
- 1 cup catsup
- 1 pound ground beef lean
- 0.5 cup milk
- 0.5 cup onion chopped

- 0.5 cup parmesan cheese grated
- 1 teaspoon penzey's southwest seasoning dried italian-style
- 1 tablespoon worcestershire sauce

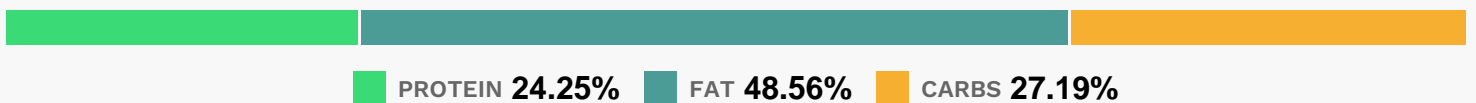
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the eggs, cracker crumbs, milk, cheese, onion, Worcestershire sauce, Italian-style seasoning, garlic salt, ground beef and ground sausage.
- Mix this together well and form into individual loaves.
- Place the loaves in a 9x13 inch baking dish.
- In a separate small bowl, combine the ketchup, brown sugar and Worcestershire sauce.
- Mix this together well and spoon some of this sauce over each loaf.
- Garnish each loaf with some Parmesan cheese and seasoning to taste.
- Bake at 350 degrees F (175 degrees C) for 45 to 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:18.723478244699%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 557.01kcal (27.85%), Fat: 30.02g (46.19%), Saturated Fat: 10.9g (68.15%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 37.15g (13.51%), Sugar: 28.81g (32.02%), Cholesterol: 165.55mg (55.18%), Sodium: 1564.2mg (68.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.46%), Vitamin B12: 2.69µg (44.81%), Vitamin B3: 8.76mg (43.78%), Zinc: 6.28mg (41.86%), Phosphorus: 391.82mg (39.18%), Vitamin B6: 0.67mg (33.32%), Selenium: 21.9µg (31.29%), Vitamin B2: 0.43mg (25.48%), Iron: 3.84mg (21.35%), Vitamin B1: 0.3mg (20.31%), Potassium: 707.25mg (20.21%), Calcium: 164.93mg (16.49%), Vitamin B5: 1.41mg (14.11%), Magnesium: 45.22mg (11.3%), Vitamin D: 1.62µg (10.78%), Vitamin E: 1.47mg (9.82%), Copper: 0.19mg (9.37%), Vitamin A: 454.3IU (9.09%), Manganese: 0.15mg (7.5%), Vitamin K: 7.88µg (7.5%), Folate: 24.66µg (6.17%), Vitamin C: 3.53mg (4.28%), Fiber: 0.66g (2.64%)