

Mary's Meatloaf

 Popular

READY IN



140 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 eggs
- ☐ 6 servings garlic powder to taste
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup catsup divided
- ☐ 1.5 pounds ground beef lean
- ☐ 0.5 cup milk
- ☐ 1 large onion chopped

- ☐ 6 servings salt to taste
- ☐ 6 slices bread white cut into cubes
- ☐ 3 tablespoons mustard yellow divided

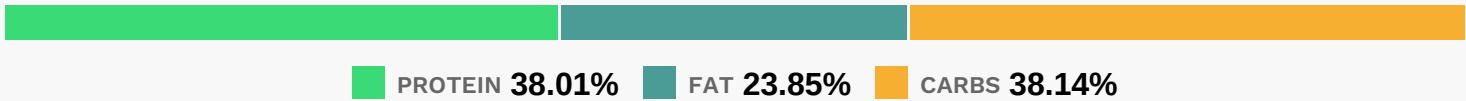
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, thoroughly mix ground beef, onion, salt, pepper and garlic powder.
- ☐ Mix in bread, milk, egg, 2 tablespoons mustard and 1/4 cup ketchup.
- ☐ Press the meat mixture into a 9x5 inch loaf pan. In a small bowl, stir together remaining mustard, ketchup and brown sugar; pour on top of the meat loaf.
- ☐ Bake in preheated oven for 2 hours.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:17.586087014364%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 313.3kcal (15.66%), Fat: 8.24g (12.68%), Saturated Fat: 3.41g (21.28%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.97g (10.17%), Sugar: 13.66g (15.18%), Cholesterol: 100.03mg (33.34%), Sodium: 674.42mg (29.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.09%), Selenium: 31.78µg (45.4%), Vitamin B12: 2.72µg (45.25%), Zinc: 6.39mg (42.58%), Vitamin B3: 7.84mg (39.18%), Phosphorus: 321.2mg (32.12%), Vitamin

B6: 0.61mg (30.58%), Iron: 4.13mg (22.96%), Vitamin B2: 0.35mg (20.79%), Potassium: 611.32mg (17.47%), Vitamin B1: 0.23mg (15.24%), Manganese: 0.29mg (14.6%), Magnesium: 46.74mg (11.69%), Vitamin B5: 1.14mg (11.45%), Folate: 45.43µg (11.36%), Calcium: 113.46mg (11.35%), Copper: 0.18mg (8.82%), Fiber: 1.68g (6.71%), Vitamin E: 0.8mg (5.36%), Vitamin A: 181.76IU (3.64%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.48µg (3.22%), Vitamin K: 1.46µg (1.39%)