



Meat Loaves with Spaghetti Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 large eggs
- 0.5 cup italian-seasoned breadcrumbs
- 1.5 pounds ground beef lean
- 1 tablespoon mustard prepared
- 1 small onion minced
- 0.3 teaspoon pepper
- 1.5 teaspoons salt

- 1.5 cups spaghetti sauce divided
- 1.5 tablespoons vinegar white
- 2 teaspoons worcestershire sauce

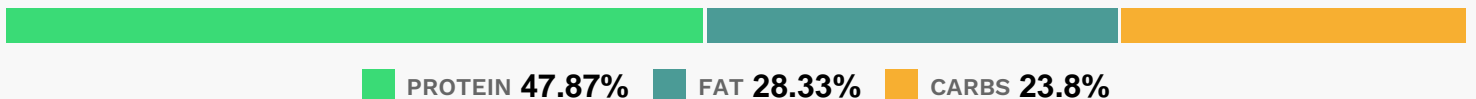
Equipment

- oven
- baking pan

Directions

- Stir together 1/2 cup spaghetti sauce, ground beef, breadcrumbs, and next 4 ingredients just until combined. Shape mixture into 2 (8-inch) loaves, and place in a lightly greased 13- x 9- inch baking dish.
- Bake at 350 for 25 minutes.
- Stir together remaining spaghetti sauce, brown sugar, and next 3 ingredients.
- Pour sauce evenly over meat loaves, and bake 25 more minutes or until beef is no longer pink in center.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:9.93043476084%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 141.92kcal (7.1%), Fat: 4.38g (6.73%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.23g (2.63%), Sugar: 3.27g (3.64%), Cholesterol: 60.84mg (20.28%), Sodium: 687.96mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Vitamin B12: 1.59µg (26.49%), Zinc: 3.72mg

(24.8%), Vitamin B3: 4.5mg (22.51%), Selenium: 15.66µg (22.37%), Phosphorus: 169.75mg (16.98%), Vitamin B6: 0.33mg (16.58%), Iron: 2.47mg (13.74%), Potassium: 389.77mg (11.14%), Vitamin B2: 0.19mg (10.92%), Vitamin B1: 0.1mg (6.89%), Vitamin B5: 0.68mg (6.8%), Manganese: 0.13mg (6.56%), Magnesium: 25.64mg (6.41%), Copper: 0.12mg (6.04%), Vitamin E: 0.8mg (5.31%), Folate: 17.75µg (4.44%), Fiber: 1.04g (4.17%), Vitamin C: 3.41mg (4.14%), Vitamin A: 200.13IU (4%), Vitamin K: 4.15µg (3.95%), Calcium: 30.41mg (3.04%), Vitamin D: 0.17µg (1.12%)