



Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bread
- ☐ 1 carrots small to medium
- ☐ 2 stalks celery small to medium
- ☐ 2 eggs
- ☐ 2 pounds ground beef
- ☐ 1 Dash hot sauce recommended: Tabasco
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 8 servings catsup

- ☐ 1 medium onion small to medium
- ☐ 8 servings salad oil
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 Dash worcestershire sauce

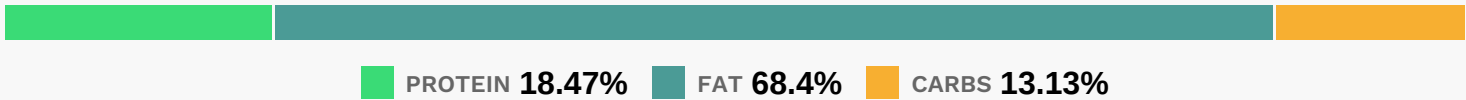
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven at 375 degrees F.
- ☐ In a medium-sized saute pan, put 2 dribbles of salad oil and heat over medium-high heat.
- ☐ Add the carrots, celery, and onions and saute, about 5 minutes. Put aside and let cool.
- ☐ In large bowl put the carrot mixture, ground beef and remaining ingredients, except for the bread, the bread crumbs and ketchup. Soak the bread in cold water, then squeeze water out (like a sponge) and drain it.
- ☐ Add to the ground beef and mix. (A stand mixer is may help make it easier.)
- ☐ Add the bread crumbs and mix.
- ☐ Roll into firm loaf, spread ketchup over the top, and place into preheated oven for approximately 45 to 55 minutes, or until cooked through. Take out and serve hot.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:17.062173781188%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 510.54kcal (25.53%), Fat: 38.68g (59.51%), Saturated Fat: 10.27g (64.18%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 15.25g (5.54%), Sugar: 5.36g (5.96%), Cholesterol: 121.51mg (40.5%), Sodium: 393.3mg (17.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (46.99%), Vitamin B12: 2.55µg (42.51%), Selenium: 25.49µg (36.41%), Zinc: 5.18mg (34.53%), Vitamin B3: 6.19mg (30.95%), Vitamin A: 1470.71IU (29.41%), Phosphorus: 240.96mg (24.1%), Vitamin B6: 0.47mg (23.39%), Vitamin E: 3.37mg (22.47%), Vitamin K: 20.63µg (19.65%), Vitamin B2: 0.31mg (18.52%), Iron: 3.28mg (18.22%), Manganese: 0.28mg (14%), Potassium: 468.46mg (13.38%), Vitamin B1: 0.18mg (12.25%), Folate: 40µg (10%), Vitamin B5: 0.94mg (9.42%), Magnesium: 33.88mg (8.47%), Copper: 0.14mg (6.88%), Calcium: 65.85mg (6.59%), Fiber: 1.47g (5.86%), Vitamin C: 2.64mg (3.2%), Vitamin D: 0.33µg (2.22%)