



Meatloaf

READY IN



325 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs dry fine
- 1 oz onion soup mix dry
- 1 large eggs
- 2 pounds ground round
- 1 cup catsup divided
- 1 tablespoon brown sugar light
- 4 oz sharp cheddar cheese shredded
- 1 tablespoon worcestershire sauce
- 1 teaspoon mustard yellow

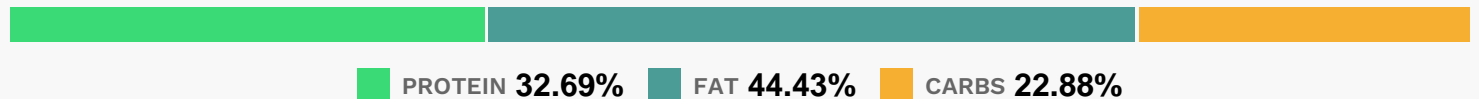
Equipment

- kitchen thermometer
- aluminum foil
- slow cooker

Directions

- Combine first 6 ingredients, 1/2 cup ketchup, and 1/4 cup water; shape mixture into an 8- x 4-inch loaf. Line bottom and sides of a 4-qt. oval-shaped slow cooker with aluminum foil, allowing 2-inches to extend over sides. Lightly grease foil.
- Place loaf in slow cooker.
- Stir together brown sugar, mustard, and remaining 1/2 cup ketchup; spread over top of loaf. Cover and cook on LOW 5 to 6 hours or until a meat thermometer registers 16
- Lift loaf from slow cooker, using foil sides as handles.
- Let stand 10 minutes before serving.
- Note: You may also prepare in a 5-qt. slow cooker. Cover and cook on LOW 3 1/2 hours or until a meat thermometer registers 160.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:21.316521737887%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 472.99kcal (23.65%), Fat: 23.14g (35.6%), Saturated Fat: 10.2g (63.75%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 25.75g (9.36%), Sugar: 11.91g (13.23%), Cholesterol: 148.18mg (49.39%), Sodium: 1122.87mg (48.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.61%), Vitamin B12: 3.66µg (61.05%), Zinc: 8.37mg (55.81%), Selenium: 37.25µg (53.21%), Vitamin B3: 9.25mg (46.24%), Phosphorus: 426.59mg (42.66%), Vitamin B6: 0.69mg (34.68%), Vitamin B2: 0.5mg (29.13%), Iron: 4.59mg (25.51%), Potassium: 710.9mg (20.31%), Calcium: 199.11mg (19.91%), Vitamin B1: 0.22mg (14.93%), Magnesium: 51.13mg (12.78%), Vitamin B5: 1.24mg (12.44%),

Manganese: 0.22mg (10.96%), Copper: 0.21mg (10.67%), Vitamin A: 443.11IU (8.86%), Folate: 35.31µg (8.83%),
Vitamin E: 1.32mg (8.79%), Fiber: 1.08g (4.3%), Vitamin K: 3.89µg (3.7%), Vitamin D: 0.43µg (2.88%), Vitamin C:
2.17mg (2.63%)