



## Meatloaf California

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons brown mustard
- 0.3 cup brown sugar
- 0.5 cup celery diced
- 2 tablespoons basil dried
- 1 tablespoon parsley dried
- 2 eggs
- 2 teaspoons garlic powder
- 0.5 cup bell pepper diced green

- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 0.3 cup catsup
- 0.5 teaspoon liquid mesquite smoke flavoring
- 1 tablespoon oregano dried
- 0.5 teaspoon paprika
- 0.8 cup onion diced red
- 0.3 cup soya sauce

## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with aluminum foil.
- In a large bowl, mix the beef, onion, green bell pepper, celery, eggs, soy sauce, and ketchup. Season with basil, parsley, oregano, garlic powder, and 2 teaspoons pepper.
- Mix in 1/2 cup oats. Gradually mix in remaining oats 1/4 cup at a time until the beef mixture is firm but not stiff.
- Transfer to the prepared baking pan, and form into a loaf shape.
- In a small bowl, mix the brown sugar, ketchup, brown mustard, mesquite smoke flavoring, 1/2 teaspoon pepper, and paprika.
- Drizzle evenly over the meat loaf.
- Bake meat loaf 1 hour in the preheated oven, or to a minimum temperature of 160 degrees F (72 degrees F).

## Nutrition Facts



■ PROTEIN 23.54% ■ FAT 52.4% ■ CARBS 24.06%

## Properties

Glycemic Index:17.63, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:10.930869615596%

## Flavonoids

Apigenin: 11.44mg, Apigenin: 11.44mg, Apigenin: 11.44mg, Apigenin: 11.44mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

## Nutrients (% of daily need)

Calories: 218.22kcal (10.91%), Fat: 12.82g (19.72%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.7g (4.26%), Sugar: 9.52g (10.58%), Cholesterol: 81.18mg (27.06%), Sodium: 537.87mg (23.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin K: 28.66µg (27.29%), Vitamin B12: 1.31µg (21.85%), Selenium: 14.02µg (20.03%), Zinc: 2.78mg (18.53%), Iron: 2.95mg (16.38%), Vitamin B6: 0.32mg (15.76%), Vitamin B3: 3.05mg (15.23%), Manganese: 0.29mg (14.57%), Phosphorus: 145.4mg (14.54%), Vitamin C: 9.5mg (11.51%), Vitamin B2: 0.19mg (11.41%), Potassium: 328.34mg (9.38%), Magnesium: 32.16mg (8.04%), Calcium: 70.21mg (7.02%), Fiber: 1.54g (6.15%), Folate: 23.92µg (5.98%), Copper: 0.11mg (5.72%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.84mg (5.57%), Vitamin A: 246.38IU (4.93%), Vitamin B1: 0.06mg (3.98%), Vitamin D: 0.28µg (1.84%)