



## Meatloaf Harrell

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce tomato sauce canned
- 0.5 teaspoon cayenne pepper
- 0.3 cup soda dr pepper®
- 1 tablespoon dill pickle relish
- 1 teaspoon rosemary dried
- 1 eggs beaten
- 1.5 teaspoons garlic powder
- 2 pounds ground beef

- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground pepper black
- 1.3 tablespoons mustard prepared
- 1 onion chopped
- 16 ounce saltines
- 1 cup self-rising flour
- 3 tablespoons steak sauce
- 2 tablespoons relish sweet
- 6 tablespoons worcestershire sauce

## Equipment

- food processor
- oven
- mixing bowl
- baking pan
- kitchen thermometer
- rolling pin

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place saltine crackers into a large, heavy plastic zipper bag, and gently crush into crumbs by rolling the bag with a rolling pin; alternately, place crackers into the work bowl of a food processor and pulse briefly just to break into crumbs. Two sleeves of crackers should make about 3 cups of crumbs. Reserve 3/4 cup of crumbs; place 2 1/4 cup of crumbs into a large mixing bowl.
- Mix the 2 1/4 cups of cracker crumbs in the mixing bowl with ground beef, Worcestershire sauce, steak sauce, mustard, black pepper, soda, rosemary, cayenne pepper, cinnamon, garlic powder, dill relish, sweet relish, egg, self-rising flour, tomato sauce, and onion until thoroughly combined. Form into a loaf, and place into a 9x12-inch baking dish. Top the loaf with the reserved cracker crumbs.

Bake in the preheated oven until the loaf is browned, no longer pink inside, and the juices run clear, about 45 minutes to 1 hour, checking after 45 minutes. An instant-read meat thermometer, inserted into the thickest part of the loaf, should read at least 160 degrees F (70 degrees C).

## Nutrition Facts

**PROTEIN 18.11%** **FAT 41.29%** **CARBS 40.6%**

### Properties

Glycemic Index:31.5, Glycemic Load:6.55, Inflammation Score:-5, Nutrition Score:17.654347917308%

### Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

### Nutrients (% of daily need)

Calories: 505.01kcal (25.25%), Fat: 22.89g (35.22%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 48.15g (17.51%), Sugar: 4.97g (5.52%), Cholesterol: 80.78mg (26.93%), Sodium: 871.64mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.19%), Selenium: 25.64µg (36.63%), Vitamin B3: 7.28mg (36.38%), Vitamin B12: 2.02µg (33.69%), Iron: 5.46mg (30.32%), Manganese: 0.59mg (29.69%), Zinc: 4.41mg (29.41%), Vitamin B1: 0.4mg (26.34%), Vitamin B2: 0.42mg (24.76%), Phosphorus: 232.95mg (23.29%), Vitamin B6: 0.4mg (19.85%), Folate: 79.2µg (19.8%), Vitamin K: 17.07µg (16.25%), Potassium: 526.82mg (15.05%), Copper: 0.21mg (10.73%), Fiber: 2.48g (9.91%), Vitamin E: 1.44mg (9.6%), Magnesium: 38.36mg (9.59%), Vitamin B5: 0.89mg (8.89%), Vitamin C: 4.18mg (5.06%), Calcium: 50.63mg (5.06%), Vitamin A: 227.91IU (4.56%), Vitamin D: 0.18µg (1.19%)