



Meatloaf with Fried Onions and Ranch Seasoning

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 6 ounce fried onions canned
- 1.5 pounds ground beef
- 0.3 cup catsup
- 1 ounce ranch seasoning dry ranch-style
- 0.8 cup bread stuffing mix dry

Equipment

- bowl
- oven
- loaf pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine meat, eggs, ketchup, stuffing mix, ranch dressing mix and fried onions.
- Shape into loaf and fit into 9 x 5 inch loaf pan.
- Bake, covered loosely with foil, at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until meat is thoroughly cooked.

Nutrition Facts

PROTEIN 16.24% **FAT 57.55%** **CARBS 26.21%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:15.453913159992%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 623.58kcal (31.18%), Fat: 38.87g (59.8%), Saturated Fat: 15.31g (95.68%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 38.84g (14.12%), Sugar: 4.63g (5.14%), Cholesterol: 135.37mg (45.12%), Sodium: 1193.53mg (51.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Selenium: 35.78µg (51.11%), Vitamin B12: 2.56µg (42.72%), Zinc: 5.22mg (34.81%), Vitamin B3: 6.65mg (33.26%), Phosphorus: 252.51mg (25.25%), Vitamin B6: 0.45mg (22.6%), Vitamin B2: 0.37mg (21.82%), Iron: 3.62mg (20.1%), Folate: 65.41µg (16.35%), Vitamin B1: 0.23mg (15.47%), Potassium: 427.27mg (12.21%), Manganese: 0.2mg (10.05%), Vitamin B5: 0.92mg (9.17%), Magnesium: 34.17mg (8.54%), Copper: 0.16mg (7.93%), Calcium: 58.81mg (5.88%), Vitamin E: 0.88mg (5.85%), Fiber: 0.98g (3.91%), Vitamin D: 0.41µg (2.71%), Vitamin A: 131.09IU (2.62%), Vitamin K: 2.71µg (2.58%)