



Meatloaf with Sour Cream Sauce

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups bread crumbs
- ☐ 0.5 cup celery finely chopped
- ☐ 8 ounce cream and onion dip sour divided
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 teaspoon dill weed dried
- ☐ 2 eggs beaten
- ☐ 2 pounds ground beef
- ☐ 0.3 cup onion chopped

- ☐ 1 pinch pepper
- ☐ 0.8 teaspoon salt

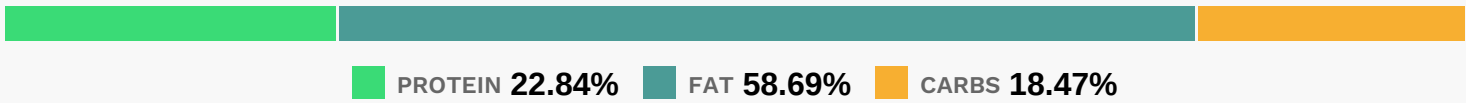
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, combine ground beef, 1/2 cup of the onion dip, bread crumbs, celery, onion, dill, salt, pepper and eggs. Use your hands to mix until well blended. Press into a 9x5 inch loaf pan, or form a loaf and place it in a 9x13 inch baking dish.
- ☐ Bake for 1 hour in the preheated oven, or until the internal temperature of the loaf is 160 degrees F (72 degrees C).
- ☐ While the meatloaf is baking, prepare the sauce. In a saucepan over medium heat, combine the remaining onion dip and cream of mushroom soup. Cook, stirring until heated through. Spoon over servings of meatloaf.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:15.869565336601%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 480.25kcal (24.01%), Fat: 30.64g (47.14%), Saturated Fat: 12.15g (75.96%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.34g (7.4%), Sugar: 3.69g (4.1%), Cholesterol: 123.34mg (41.11%), Sodium: 918.8mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Vitamin B12: 2.67µg (44.47%), Zinc: 5.67mg (37.77%), Selenium: 26.39µg (37.7%), Vitamin B3: 6.74mg (33.71%), Phosphorus: 254.64mg (25.46%), Vitamin B6: 0.44mg (22.08%), Iron: 3.89mg (21.6%), Vitamin B2: 0.34mg (20.09%), Vitamin B1: 0.29mg (19.56%), Manganese: 0.37mg (18.29%), Potassium: 443.72mg (12.68%), Calcium: 115.22mg (11.52%), Folate: 44.28µg (11.07%), Copper: 0.22mg (10.93%), Vitamin B5: 0.96mg (9.63%), Magnesium: 35.21mg (8.8%), Fiber: 1.35g (5.38%), Vitamin K: 5.52µg (5.26%), Vitamin E: 0.62mg (4.12%), Vitamin D: 0.33µg (2.22%), Vitamin A: 95.22IU (1.9%)