



Melt in your Mouth Meatloaf

READY IN



340 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons onion dried minced
- ☐ 2 eggs
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 1.5 pounds ground beef
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 cup catsup
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon rubbed sage

- ☐ 1 teaspoon salt
- ☐ 0.7 cup seasoned bread crumbs
- ☐ 0.5 teaspoon worcestershire sauce

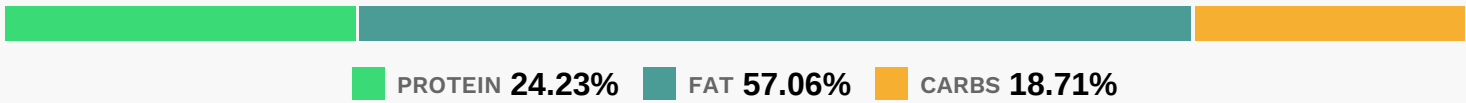
Equipment

- ☐ bowl
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Combine eggs, milk, bread crumbs, onion, salt, sage, and mushrooms in a large bowl. Crumble ground beef over mixture and stir well to combine. Shape into a round loaf; place in a 5-quart slow cooker. Cover and cook on Low until a meat thermometer reads 160 degrees F (71 degrees C), 5 to 6 hours.
- ☐ Whisk ketchup, brown sugar, mustard, and Worcestershire sauce in a small bowl; spoon sauce over meat loaf. Return to slow cooker and cook on Low until heated through, about 15 minutes.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:15.67130446434%

Flavonoids

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

Nutrients (% of daily need)

Calories: 413.27kcal (20.66%), Fat: 25.95g (39.92%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.19g (6.61%), Sugar: 9.14g (10.16%), Cholesterol: 138.87mg (46.29%), Sodium: 773.22mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.59%), Vitamin B12: 2.77µg (46.2%),

Selenium: 27.03µg (38.61%), Zinc: 5.36mg (35.72%), Vitamin B3: 6.13mg (30.65%), Phosphorus: 280.3mg (28.03%), Vitamin B6: 0.49mg (24.31%), Vitamin B2: 0.38mg (22.6%), Iron: 3.3mg (18.36%), Vitamin B1: 0.22mg (14.58%), Potassium: 495.1mg (14.15%), Vitamin B5: 1.15mg (11.46%), Calcium: 101.49mg (10.15%), Manganese: 0.2mg (9.82%), Folate: 36.33µg (9.08%), Magnesium: 36.07mg (9.02%), Vitamin K: 8.84µg (8.42%), Copper: 0.16mg (7.94%), Vitamin E: 0.84mg (5.58%), Vitamin D: 0.76µg (5.05%), Vitamin A: 206.93IU (4.14%), Fiber: 0.96g (3.83%), Vitamin C: 2.26mg (2.74%)