



Melt in your Mouth Meatloaf

READY IN



340 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 teaspoons dehydrated onion dried minced
- 2 eggs
- 0.5 cup mushrooms fresh sliced
- 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

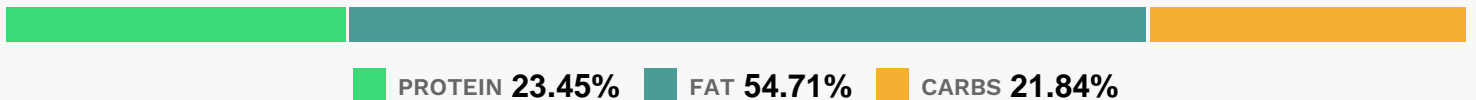
Equipment

- 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:17, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:16.203043478261%

Flavonoids

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

Nutrients (% of daily need)

Calories: 430.23kcal (21.51%), Fat: 25.97g (39.96%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.3g (8.11%), Sugar: 13.18g (14.65%), Cholesterol: 138.87mg (46.29%), Sodium: 774.74mg (33.68%), Protein: 25.05g (50.09%), Vitamin B12: 2.78µg (46.25%), Selenium: 27.82µg (39.74%), Zinc: 5.4mg (36.01%), Vitamin B3: 6.42mg (32.12%), Phosphorus: 287.34mg (28.73%), Vitamin B6: 0.5mg (24.81%), Vitamin B2: 0.42mg (24.49%), Iron: 3.37mg (18.74%), Potassium: 525.86mg (15.02%), Vitamin B1: 0.23mg (15.01%), Vitamin B5: 1.27mg (12.71%), Calcium: 105.05mg (10.5%), Manganese: 0.2mg (10.13%), Folate: 37.73µg (9.43%), Copper: 0.19mg (9.3%), Magnesium: 37.15mg (9.29%), Vitamin K: 8.84µg (8.42%), Vitamin E: 0.84mg (5.58%), Vitamin D: 0.77µg (5.16%), Fiber: 1.04g (4.15%), Vitamin A: 206.93IU (4.14%), Vitamin C: 2.43mg (2.94%)