



Moist-and-Saucy Meat Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 bell pepper diced green
- ☐ 2 pounds ground sirloin
- ☐ 3 tablespoons catsup
- ☐ 10 servings mustard sauce
- ☐ 1 onion minced

- ☐ 1 teaspoon salt
- ☐ 0.5 cup saltines) crushed
- ☐ 0.3 cup steak sauce
- ☐ 10 servings tomato sauce

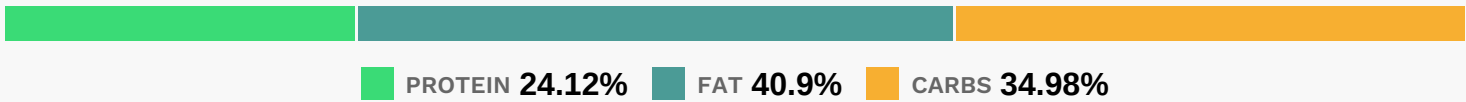
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine ground sirloin and next 9 ingredients; shape mixture into a 14- x 8-inch loaf.
- ☐ Place on a lightly greased 15- x 10-inch jellyroll pan.
- ☐ Brush top of meat loaf evenly with Mustard Sauce; pour Tomato Sauce evenly over meat loaf.
- ☐ Bake at 375 for 1 hour or until loaf is no longer pink in center.
- ☐ Let stand 15 minutes; drain before serving. (Meat loaf will be soft in texture.)

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:16.24739124464%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 336.05kcal (16.8%), Fat: 15.45g (23.76%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 27.09g (9.85%), Sugar: 22.81g (25.34%), Cholesterol: 98.89mg (32.96%), Sodium: 1235.06mg (53.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin B12: 2.06µg (34.35%), Zinc: 4.59mg (30.58%), Vitamin B3: 5.9mg (29.49%), Selenium: 20.53µg (29.33%), Vitamin B6: 0.52mg (25.87%), Vitamin C: 19.56mg (23.71%), Phosphorus: 226.32mg (22.63%), Potassium: 748.02mg (21.37%), Iron: 3.8mg (21.12%), Vitamin

B2: 0.3mg (17.68%), Vitamin E: 2.44mg (16.29%), Vitamin A: 672.75IU (13.45%), Copper: 0.25mg (12.63%),
Manganese: 0.25mg (12.4%), Magnesium: 44.48mg (11.12%), Vitamin B5: 1.11mg (11.11%), Fiber: 2.64g (10.57%), Vitamin
B1: 0.12mg (7.99%), Folate: 30.53µg (7.63%), Vitamin K: 6.79µg (6.47%), Calcium: 59.6mg (5.96%), Vitamin D:
0.29µg (1.94%)