



Mom's Best Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon barbecue sauce
- 1 cup bread crumbs dried
- 1 tablespoon brown sugar
- 0.1 cup cornmeal
- 1 eggs beaten
- 1.5 pounds ground beef
- 0.3 cup catsup
- 2 dashes liquid smoke flavoring

- 2 teaspoons mustard prepared
- 0.3 cup onion chopped
- 0.3 cup quick-cooking oats
- 1.5 teaspoons salt
- 0.5 cup sacramento tomato juice
- 0.5 cup water
- 1 tablespoon distilled vinegar white
- 1 tablespoon sugar white

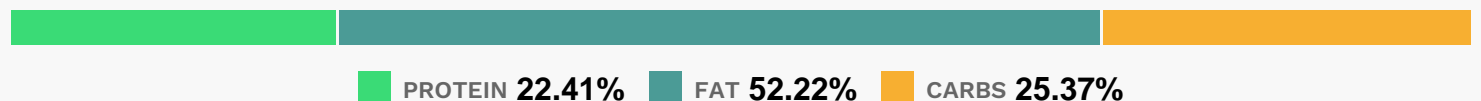
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the beef, onion, oatmeal, cornmeal, bread crumbs, salt, sugar, egg, tomato juice, water, barbecue sauce, 1/8 teaspoon liquid smoke and vinegar.
- Mix together thoroughly and place mixture into a lightly greased 9x5 inch loaf pan.
- In a separate small bowl, combine the ketchup, brown sugar, mustard and 2 drops liquid smoke and mix thoroughly.
- Spread over the top of the meatloaf.
- Bake at 350 degrees F (175 degrees C) for approximately one hour.

Nutrition Facts



Properties

Glycemic Index:42.99, Glycemic Load:3.39, Inflammation Score:-3, Nutrition Score:11.754782614501%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 324.67kcal (16.23%), Fat: 18.65g (28.69%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.07g (6.93%), Sugar: 6.98g (7.75%), Cholesterol: 80.84mg (26.95%), Sodium: 707.61mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.02%), Vitamin B12: 1.92µg (31.94%), Selenium: 19.47µg (27.82%), Zinc: 4.04mg (26.93%), Vitamin B3: 4.81mg (24.07%), Phosphorus: 192.8mg (19.28%), Vitamin B6: 0.36mg (17.77%), Iron: 2.74mg (15.23%), Manganese: 0.29mg (14.74%), Vitamin B2: 0.23mg (13.62%), Vitamin B1: 0.2mg (13.57%), Potassium: 353.01mg (10.09%), Magnesium: 34.77mg (8.69%), Folate: 29.45µg (7.36%), Vitamin B5: 0.68mg (6.76%), Copper: 0.13mg (6.47%), Fiber: 1.32g (5.28%), Calcium: 51.83mg (5.18%), Vitamin C: 3.47mg (4.21%), Vitamin E: 0.63mg (4.17%), Vitamin K: 3.18µg (3.03%), Vitamin A: 142.41IU (2.85%), Vitamin D: 0.19µg (1.3%)