



Mom's Favorite Meatloaf

 Dairy Free

READY IN



75 min.

SERVINGS



5

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 1 pound sausage meat
- 1 pound ground beef lean
- 8 ounce gorgonzola dip french
- 10 ounce saltines crushed

Equipment

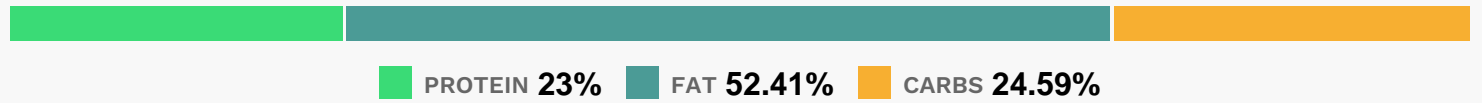
- bowl
- oven

loaf pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl, combine the beef, pork sausage, French onion dip, eggs and crushed crackers.
- Mix well and shape into a loaf.
- Bake in a 5x9 inch loaf pan for 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:24.139565198318%

Nutrients (% of daily need)

Calories: 752.96kcal (37.65%), Fat: 42.74g (65.75%), Saturated Fat: 15.29g (95.54%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 43.52g (15.83%), Sugar: 3.82g (4.25%), Cholesterol: 187.03mg (62.34%), Sodium: 1452.41mg (63.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.2g (84.41%), Vitamin B3: 12.92mg (64.58%), Vitamin B12: 3.01µg (50.18%), Zinc: 7.2mg (48.03%), Vitamin B1: 0.69mg (46.12%), Phosphorus: 394.77mg (39.48%), Selenium: 27.03µg (38.61%), Iron: 6.63mg (36.85%), Vitamin B2: 0.61mg (36.08%), Vitamin B6: 0.71mg (35.59%), Manganese: 0.49mg (24.68%), Folate: 89.69µg (22.42%), Potassium: 649.34mg (18.55%), Vitamin B5: 1.73mg (17.3%), Vitamin K: 15.09µg (14.37%), Magnesium: 47.81mg (11.95%), Copper: 0.22mg (11.06%), Vitamin D: 1.62µg (10.81%), Calcium: 97.44mg (9.74%), Vitamin E: 1.26mg (8.42%), Fiber: 1.59g (6.35%), Vitamin A: 163.65IU (3.27%)