



WHATSheATE



Mom's Meat Loaf



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.8 cup catsup divided



1 eggs



2 pounds ground beef



0.3 cup onion diced



10 saltines crushed

Equipment



oven

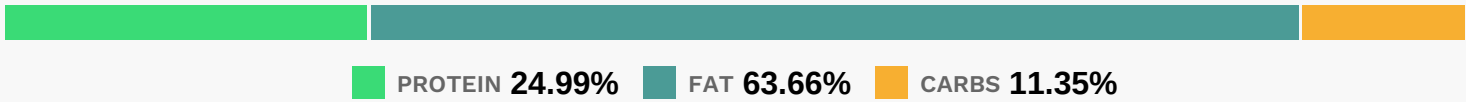


loaf pan

Directions

- ☐ Combine ground beef, egg, crackers, 1/4 cup catsup and onion together; pat into an ungreased 9"x5" loaf pan.
- ☐ Spread remaining catsup on top; bake at 350 degrees for one hour or until center is no longer pink.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:11.332608798276%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 336.3kcal (16.81%), Fat: 23.55g (36.24%), Saturated Fat: 8.94g (55.88%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 9.19g (3.34%), Sugar: 5.07g (5.64%), Cholesterol: 100.97mg (33.66%), Sodium: 323.35mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.61%), Vitamin B12: 2.48µg (41.32%), Zinc: 4.88mg (32.56%), Selenium: 19.27µg (27.52%), Vitamin B3: 5.37mg (26.83%), Vitamin B6: 0.42mg (21.02%), Phosphorus: 201.18mg (20.12%), Vitamin B2: 0.25mg (14.7%), Iron: 2.59mg (14.41%), Potassium: 389.99mg (11.14%), Vitamin B5: 0.69mg (6.88%), Magnesium: 24.23mg (6.06%), Vitamin E: 0.9mg (5.97%), Vitamin B1: 0.08mg (5.47%), Copper: 0.1mg (4.97%), Folate: 18.52µg (4.63%), Manganese: 0.07mg (3.65%), Vitamin K: 3.71µg (3.53%), Vitamin A: 145.26IU (2.91%), Calcium: 28.73mg (2.87%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.22µg (1.49%), Fiber: 0.26g (1.03%)