

Mom's Meatloaf

 Dairy Free

READY IN



95 min.

SERVINGS



16

CALORIES



111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 2 tablespoons plus light
- 2 eggs beaten
- 2 tablespoons bell pepper green finely chopped
- 0.3 teaspoon ground marjoram
- 0.3 teaspoon ground thyme
- 0.3 cup catsup
- 2 pounds ground beef lean

- 0.3 cup onion finely chopped
- 1 teaspoon salt
- 0.5 cup saltines crushed

Equipment

- bowl
- oven
- baking pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine ground beef, cracker crumbs, tomato sauce, eggs, onion, bell pepper, salt, thyme, and marjoram in a large bowl and mix well. Shape beef mixture into two equally sized loaves.
- Place both loaves in a 9x13 inch baking dish. Cover with foil and bake in the preheated oven for 1 hour. Meanwhile, mix ketchup and corn syrup in a small bowl to make a glaze.
- Remove baking dish from the oven and remove foil.
- Brush glaze onto the loaves. Return baking dish to the oven uncovered, and continue baking until loaves are no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



PROTEIN 48.77% **FAT 29.77%** **CARBS 21.46%**

Properties

Glycemic Index:6.31, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:7.1060870108397%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 110.94kcal (5.55%), Fat: 3.6g (5.55%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.5g (2%), Sugar: 3.6g (4%), Cholesterol: 55.61mg (18.54%), Sodium: 314.21mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.57%), Vitamin B12: 1.32µg (22.02%), Zinc: 3.03mg (20.19%), Vitamin B3: 3.46mg (17.32%), Selenium: 11.92µg (17.03%), Phosphorus: 131.18mg (13.12%), Vitamin B6: 0.26mg (12.95%), Iron: 1.75mg (9.71%), Vitamin B2: 0.14mg (8.45%), Potassium: 265.62mg (7.59%), Vitamin B5: 0.51mg (5.09%), Magnesium: 16.69mg (4.17%), Copper: 0.07mg (3.61%), Vitamin E: 0.51mg (3.38%), Vitamin B1: 0.05mg (3.21%), Vitamin C: 2.27mg (2.76%), Folate: 10.6µg (2.65%), Manganese: 0.05mg (2.54%), Vitamin A: 115.41IU (2.31%), Vitamin K: 1.63µg (1.55%), Fiber: 0.35g (1.42%), Calcium: 12.61mg (1.26%), Vitamin D: 0.17µg (1.11%)