

DINNER

Mom's Meatloaf

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	4	\$1.35	482 kcal



Need a dairy free main course? Mom's Meatloaf could be a great recipe to try. One portion of this dish contains about 25g of protein, 25g of fat, and a total of 482 calories. This recipe serves 4 and costs \$1.35 per serving. From preparation to the plate, this recipe takes roughly 1 hour and 15 minu...

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 1 egg
- ☐ 1 teaspoon prepared horseradish
- ☐ ½ onion, finely chopped
- ☐ ¼ teaspoon salt
- ☐ 1 teaspoon dry mustard
- ☐ 1 pound ground beef, moistened
- ☐ 1 cup ketchup
- ☐ ¼ teaspoon pepper
- ☐ 2 teaspoons Worcestershire sauce

EQUIPMENT Bowl, Oven, Loaf pan

Method

- 1 Preheat oven to 350 degrees F.
- 2 In a small bowl, mix together the horseradish, mustard, salt, and pepper. Set aside.
- 3 In large bowl, mix ground beef, onion, egg, and Worcestershire sauce.
- 4 Add contents of small bowl and mix thoroughly.
- 5 Add the bread crumbs and combine well.
- 6 Place mixture into a 1-pound loaf pan.
- 7 Pour ketchup over top and place in oven.
- 8 Bake uncovered for 45 to 60 minutes.

Nutrition per serving

	482 KCAL	25 g PROTEIN	25 g FAT	38 g CARBS
Saturated Fat				9.4 g · 59% of daily needs
Fibre				1.8 g · 7% of daily needs
Sugar				15.5 g · 17% of daily needs
Sodium				1,024 mg · 45% of daily needs
Cholesterol				121 mg · 40% of daily needs
Vitamin C				4.2 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/moms-meatloaf-147979