

Mushroom in the Middle Meatloaf

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound ground pork breakfast sausage
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup seasoned bread crumbs

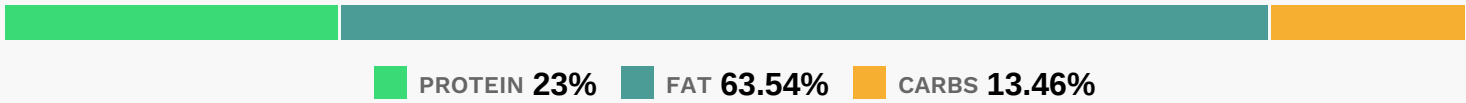
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl combine sausage, beef, eggs, bread crumbs, onion, bell pepper, salt, pepper and garlic powder.
- ☐ Mix well.
- ☐ Roll out mixture flat, 8 inches by 8 inches square.
- ☐ Spread 1/2 can of soup over meatloaf, roll up and seal edges.
- ☐ Place in a loaf pan.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Add remaining soup and bake for another 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:28.383913102357%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 839.19kcal (41.96%), Fat: 58.39g (89.83%), Saturated Fat: 20.72g (129.5%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 25.46g (9.26%), Sugar: 3.11g (3.45%), Cholesterol: 248.11mg (82.7%), Sodium: 2061.73mg (89.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.57g (95.13%), Vitamin B3: 12.8mg (63.98%), Vitamin B12: 3.81µg (63.56%), Zinc: 8.82mg (58.83%), Vitamin B1: 0.69mg (46.31%), Phosphorus: 462.48mg (46.25%), Vitamin B6: 0.91mg (45.25%), Selenium: 31.38µg (44.82%), Vitamin B2: 0.59mg (34.62%), Iron: 6.01mg (33.37%), Manganese: 0.63mg (31.59%), Potassium: 852.71mg (24.36%), Vitamin C: 18.06mg (21.89%), Copper: 0.41mg (20.55%), Vitamin B5: 2.05mg (20.48%), Vitamin K: 18.23µg (17.36%), Folate: 66.33µg (16.58%), Magnesium: 61.51mg (15.38%), Vitamin D: 2.03µg (13.52%), Calcium: 108.63mg (10.86%), Fiber: 2.38g (9.5%), Vitamin E: 1.07mg (7.12%), Vitamin A: 332.43IU (6.65%)