

Mushroom Meatloaf

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs fresh
- 2 eggs beaten
- 0.5 pound mushrooms fresh minced for 6
- 0.5 teaspoon pepper black
- 0.5 cup catsup
- 2 pounds ground beef lean
- 0.5 cup onion minced
- 1.5 teaspoons salt

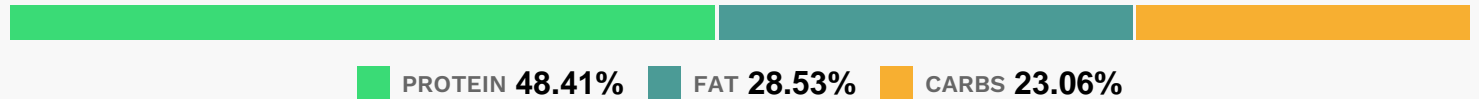
Equipment

- oven
- mixing bowl
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large mixing bowl, combine ground meat, minced mushrooms, bread crumbs, onion, ketchup, eggs, and salt and pepper.
- Mix well.
- Spread 1/2 of the mixture into the bottom of a loaf pan. Arrange 6 whole mushrooms stem down into meat. Top with rest of meat, patting to combine both halves.
- Bake for 1 hour and 45 minutes, or until done. Internal temperature should measure 160 degrees F (70 degrees C) when done.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:21.411739235339%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 315.71kcal (15.79%), Fat: 9.84g (15.13%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 16.57g (6.03%), Sugar: 6.47g (7.18%), Cholesterol: 148.3mg (49.43%), Sodium: 984.66mg (42.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.12%), Vitamin B12: 3.58µg (59.66%), Zinc: 8.34mg (55.58%), Vitamin B3: 10.88mg (54.41%), Selenium: 37.94µg (54.21%), Phosphorus: 392.52mg (39.25%), Vitamin B6: 0.72mg (36.07%), Vitamin B2: 0.55mg (32.58%), Iron: 4.82mg (26.75%), Potassium: 768.05mg (21.94%), Vitamin B5: 1.86mg (18.64%), Vitamin B1: 0.24mg (15.84%), Copper: 0.31mg (15.32%), Magnesium:

48.46mg (12.12%), Manganese: 0.22mg (11.04%), Folate: 39.69µg (9.92%), Vitamin E: 0.89mg (5.92%), Calcium: 54.83mg (5.48%), Fiber: 1.31g (5.26%), Vitamin A: 182.98IU (3.66%), Vitamin D: 0.52µg (3.47%), Vitamin C: 2.6mg (3.15%), Vitamin K: 2.31µg (2.2%)