 7%
HEALTH SCORE

My Meatloaf

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bread leftover (heels are great)
- 0.5 packet onion soup mix dry
- 1 pound ground beef
- 0.3 cup catsup
- 1 teaspoon seasoning italian-style
- 1 tablespoon water
- 4 servings water as needed

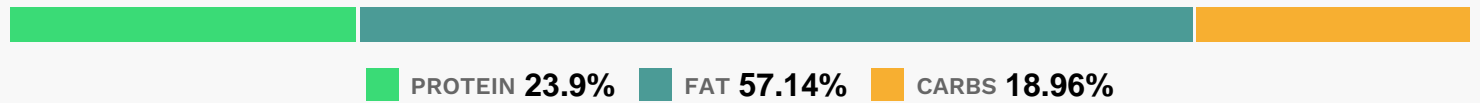
Equipment

- bowl
- oven
- baking pan
- pie form

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a large bowl, combine the beef, ketchup, soup mix, bread, Italian-style seasoning and water.
- Mix well. Shape into a loaf and place into a 9 inch pie pan OR a 9x13 inch baking dish. Baste the top of the meatloaf with ketchup.
- Bake at 425 degrees F (220 degrees C) for one hour, or until the edges are just crispy and the top has a crust.
- Cool for 15 to 20 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:5.37, Inflammation Score:-2, Nutrition Score:13.784347668938%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 376.7kcal (18.83%), Fat: 23.68g (36.44%), Saturated Fat: 8.86g (55.39%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.26g (5.91%), Sugar: 4.65g (5.17%), Cholesterol: 80.51mg (26.84%), Sodium: 725.05mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.58%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.08mg (33.85%), Selenium: 23.44µg (33.48%), Vitamin B3: 6.28mg (31.39%), Vitamin B6: 0.45mg (22.38%), Phosphorus: 221.45mg (22.14%), Iron: 3.25mg (18.08%), Manganese: 0.33mg (16.74%), Vitamin B2: 0.26mg (15.41%), Potassium: 420.28mg (12.01%), Vitamin B1: 0.15mg (10.1%), Magnesium: 36.59mg (9.15%), Copper: 0.17mg (8.61%), Vitamin B5: 0.8mg (7.96%), Calcium: 71.26mg (7.13%), Folate: 28.32µg (7.08%), Vitamin K: 6.7µg (6.38%), Fiber: 1.43g (5.71%), Vitamin E: 0.82mg (5.48%), Vitamin A: 86.63IU (1.73%), Vitamin C: 0.84mg (1.02%)