

## Never Fail Meatloaf

READY IN



105 min.

SERVINGS



8

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbeque sauce
- 1 cup hickory smoke barbeque sauce flavored
- 1 cup brown sugar packed
- 3 eggs beaten
- 1 teaspoon garlic minced
- 2.5 pounds ground beef
- 0.5 cup milk
- 1 onion finely chopped
- 6 ounce herb-seasoned bread stuffing mix dry

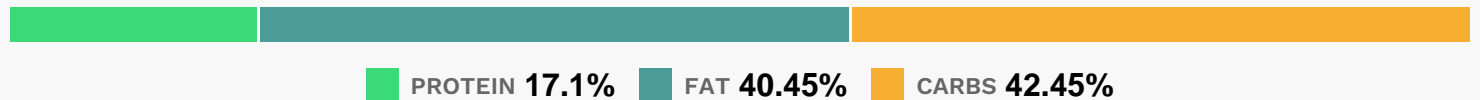
## Equipment

- bowl
- oven
- mixing bowl
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large mixing bowl, combine the ground beef, eggs, stuffing mix, hickory smoke flavored barbeque sauce, onion, garlic and milk.
- Mix thoroughly and place into the prepared baking dish. Shape into 2 loaves.
- In a small bowl, combine the barbeque sauce and brown sugar; blend well.
- Pour the glaze over the 2 meatloaves.
- Cover the baking dish and bake in the preheated oven for 60 to 90 minutes. Uncover the last 15 minutes of bake time.
- Let sit for 15 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:11.88, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:19.505652381026%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 708.39kcal (35.42%), Fat: 31.6g (48.61%), Saturated Fat: 11.89g (74.34%), Carbohydrates: 74.59g (24.86%), Net Carbohydrates: 73.03g (26.55%), Sugar: 53.55g (59.5%), Cholesterol: 164.06mg (54.69%), Sodium: 1167.69mg (50.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.1%), Selenium: 38.2µg (54.58%), Vitamin

B12: 3.27µg (54.45%), Zinc: 6.56mg (43.7%), Vitamin B3: 7.72mg (38.61%), Phosphorus: 321.97mg (32.2%), Vitamin B6: 0.61mg (30.68%), Vitamin B2: 0.44mg (25.66%), Iron: 4.54mg (25.2%), Potassium: 704.7mg (20.13%), Vitamin B1: 0.23mg (15.09%), Folate: 57.73µg (14.43%), Manganese: 0.28mg (13.87%), Vitamin B5: 1.28mg (12.79%), Calcium: 124.4mg (12.44%), Magnesium: 49.65mg (12.41%), Copper: 0.22mg (11%), Vitamin E: 1.42mg (9.45%), Fiber: 1.57g (6.26%), Vitamin A: 274.7IU (5.49%), Vitamin D: 0.64µg (4.26%), Vitamin K: 4.23µg (4.03%), Vitamin C: 1.56mg (1.9%)