

# No-Fuss Meat Loaf

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 eggs
- 8 servings catsup
- 6 ounces bread stuffing mix instant
- 0.5 cup water

## Equipment

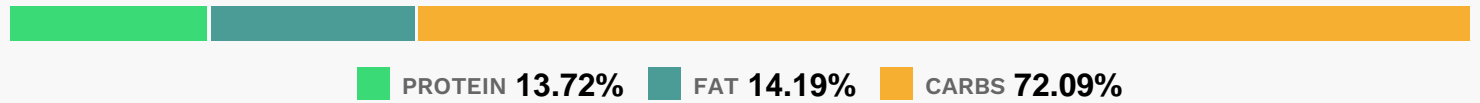
- bowl
- oven
- loaf pan

kitchen thermometer

## Directions

- In a large bowl, beat eggs and water. Stir in stuffing mix and contents of seasoning packet. Crumble beef over mixture and mix well.
- Press into an ungreased 9-in. x 5-in. loaf pan. Top with ketchup.
- Bake, uncovered, at 350° for 1-1/4 to 1-1/2 hours or until no pink remains and a meat thermometer reads 160°.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.7321739481843%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 112.95kcal (5.65%), Fat: 1.78g (2.74%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.67g (7.15%), Sugar: 4.99g (5.55%), Cholesterol: 41.13mg (13.71%), Sodium: 451.14mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Selenium: 13.69µg (19.55%), Folate: 42.24µg (10.56%), Vitamin B2: 0.16mg (9.47%), Vitamin B1: 0.13mg (8.85%), Vitamin B3: 1.45mg (7.24%), Manganese: 0.14mg (7.21%), Iron: 1.06mg (5.86%), Phosphorus: 55.66mg (5.57%), Vitamin B6: 0.07mg (3.74%), Copper: 0.07mg (3.68%), Potassium: 109.63mg (3.13%), Magnesium: 11.92mg (2.98%), Calcium: 29.48mg (2.95%), Fiber: 0.73g (2.9%), Vitamin E: 0.42mg (2.77%), Vitamin A: 136.78IU (2.74%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.22µg (1.47%)