



## Old-Fashioned Meat Loaf- A.K.A 'Basic' Meat Loaf

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bell pepper chopped
- 2 tablespoons brown sugar
- 8 ounces tomatoes diced with juice canned
- 1 eggs lightly beaten
- 1 pound ground beef
- 0.3 teaspoon ground pepper black
- 0.3 cup catsup

- 1 tablespoon mustard prepared
- 0.5 cup onion chopped
- 0.5 cup quick-cooking oats
- 1.3 teaspoons salt

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F.
- Mix all meatloaf ingredients well and place in a baking dish. Shape into a loaf.
- Mix ingredients for topping and spread on loaf.
- Bake for 1 hour.

## Nutrition Facts

**PROTEIN 22.8%** **FAT 54.01%** **CARBS 23.19%**

## Properties

Glycemic Index:47, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:18.765217521916%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 409.45kcal (20.47%), Fat: 24.72g (38.03%), Saturated Fat: 9.2g (57.51%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 21.39g (7.78%), Sugar: 13.3g (14.78%), Cholesterol: 121.43mg (40.48%), Sodium: 1125.59mg (48.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Vitamin B12: 2.52µg (42.08%), Vitamin C: 31.43mg (38.09%), Selenium: 25.5µg (36.43%), Zinc: 5.43mg (36.2%), Manganese: 0.6mg (29.88%), Vitamin B3: 5.81mg (29.04%), Vitamin B6: 0.57mg (28.66%), Phosphorus: 278.47mg (27.85%), Iron: 3.73mg (20.7%),

Vitamin B2: 0.32mg (18.74%), Potassium: 604.35mg (17.27%), Vitamin A: 815.23IU (16.3%), Magnesium: 63.61mg (15.9%), Vitamin E: 1.64mg (10.94%), Vitamin B1: 0.16mg (10.81%), Fiber: 2.5g (10.01%), Vitamin B5: 0.99mg (9.91%), Copper: 0.19mg (9.48%), Folate: 35.4µg (8.85%), Calcium: 66.16mg (6.62%), Vitamin K: 5.9µg (5.62%), Vitamin D: 0.33µg (2.22%)