



Onion-Crusted Meat Loaf with Roasted Potatoes

 Gluten Free  Dairy Free

READY IN



73 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed tomato soup canned
- 1 eggs beaten
- 2.8 ounce french's® fried onions french canned
- 1.5 pounds ground beef
- 6 small potatoes cut into quarters
- 1 tablespoon worcestershire sauce

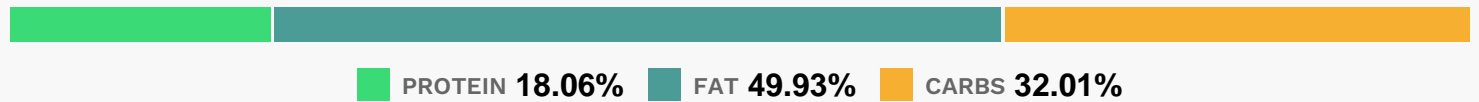
Equipment

- bowl
- oven
- baking pan

Directions

- Thoroughly mix 1/2 cup soup, beef, 1/2 can onions, egg and Worcestershire in a large bowl.
- Place the mixture in a 13 x 9 x 2-inch baking pan and firmly shape into an 8 x 4-inch loaf. Spoon the remaining soup over the meat loaf. Arrange the potatoes around the meat loaf.
- Bake at 400 degrees F for 1 hour or until the meat loaf is cooked through. Stir the potatoes.
- Sprinkle the remaining onions over the meat loaf and bake for 3 minutes or until the onions are golden.

Nutrition Facts



Properties

Glycemic Index:20.04, Glycemic Load:24.36, Inflammation Score:-5, Nutrition Score:20.472173877384%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 547.81kcal (27.39%), Fat: 30.18g (46.44%), Saturated Fat: 11.78g (73.66%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 39.24g (14.27%), Sugar: 5.82g (6.46%), Cholesterol: 107.79mg (35.93%), Sodium: 435.12mg (18.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.14%), Vitamin C: 40.41mg (48.98%), Vitamin B6: 0.92mg (46.2%), Vitamin B12: 2.49µg (41.53%), Potassium: 1340.12mg (38.29%), Zinc: 5.42mg (36.16%), Vitamin B3: 7.05mg (35.23%), Phosphorus: 308.03mg (30.8%), Selenium: 21.31µg (30.44%), Iron: 4.1mg (22.8%), Fiber: 4.3g (17.19%), Manganese: 0.34mg (17.18%), Magnesium: 66.74mg (16.68%), Vitamin B2: 0.27mg (15.71%), Copper: 0.29mg (14.46%), Vitamin B1: 0.21mg (14.07%), Vitamin B5: 1.18mg (11.85%), Folate: 38.81µg (9.7%), Vitamin K: 6.95µg (6.62%), Calcium: 54.55mg (5.46%), Vitamin A: 244.35IU (4.89%), Vitamin E: 0.73mg (4.89%), Vitamin D: 0.26µg (1.73%)