

## Onion Meat Loaf

 Dairy Free  Low Fod Map

READY IN



315 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 eggs beaten
- 0.5 cup catsup
- 1 envelope onion soup mix
- 0.8 cup oats

### Equipment

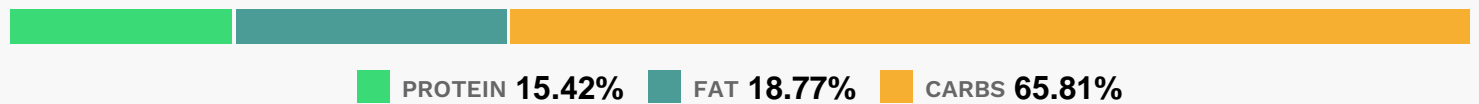
- bowl
- kitchen thermometer
- aluminum foil

slow cooker

## Directions

- Cut three 20-in. x 3-in. strips of heavy-duty foil; crisscross so they resemble spokes of a wheel.
- Place strips on the bottom and up the sides of a 3-qt. slow cooker. Coat strips with cooking spray.
- In a large bowl, combine the eggs, oats, ketchup and soup mix. Crumble beef over mixture and mix well. Shape into a loaf.
- Place loaf in the center of the strips. Cover and cook on low for 5–6 hours or until a thermometer reads 160°.
- Using foil strips as handles, remove meat loaf to a platter.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:2.9, Inflammation Score:-2, Nutrition Score:4.011304365552%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 73.73kcal (3.69%), Fat: 1.6g (2.46%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 11.54g (4.19%), Sugar: 3.58g (3.97%), Cholesterol: 40.92mg (13.64%), Sodium: 553.45mg (24.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Manganese: 0.38mg (18.9%), Selenium: 6.32µg (9.02%), Phosphorus: 71.04mg (7.1%), Magnesium: 26.79mg (6.7%), Vitamin B2: 0.1mg (5.76%), Fiber: 1.09g (4.36%), Vitamin B1: 0.06mg (4.07%), Vitamin B6: 0.08mg (3.96%), Iron: 0.66mg (3.67%), Potassium: 120.59mg (3.45%), Copper: 0.07mg (3.32%), Zinc: 0.47mg (3.11%), Vitamin A: 137.1IU (2.74%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.39mg (2.63%), Folate: 8.95µg (2.24%), Calcium: 19.13mg (1.91%), Vitamin B3: 0.36mg (1.79%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)