



Potato-Topped Meatloaf Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 90% (at least)
- 3 tablespoons breadcrumbs plain
- 3 tablespoons steak sauce
- 1 tablespoon onion instant minced
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 eggs
- 2.7 cups water
- 0.3 cup butter

- 1 teaspoon salt
- 0.7 cup milk
- 2 cups potatoes mashed
- 1.5 cups broccoli frozen thawed chopped
- 2 oz sharp cheddar cheese shredded

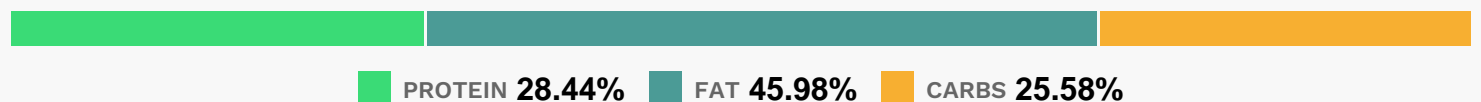
Equipment

- bowl
- sauce pan
- oven
- baking pan
- kitchen thermometer
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix meatloaf ingredients. Press in bottom and up sides of baking dish to within 1/2 inch of top.
- In 2-quart saucepan, heat water, butter and 1 teaspoon salt to boiling.
- Remove from heat. Stir in milk and dry potatoes just until moistened.
- Let stand about 30 seconds or until liquid is absorbed. Stir in broccoli and cheese. Spoon over meat shell.
- Bake 30 to 35 minutes or until meatloaf is thoroughly cooked and meat thermometer inserted in center of meat reads 160°F.
- Let stand 5 minutes; drain liquid along edges.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:18.224347757257%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 326.02kcal (16.3%), Fat: 16.6g (25.54%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.28g (6.65%), Sugar: 3.4g (3.78%), Cholesterol: 86.85mg (28.95%), Sodium: 980.13mg (42.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin C: 34.07mg (41.29%), Vitamin B12: 2.03µg (33.87%), Zinc: 4.81mg (32.05%), Phosphorus: 302.8mg (30.28%), Vitamin B6: 0.59mg (29.69%), Selenium: 20.69µg (29.56%), Vitamin B3: 5.48mg (27.38%), Vitamin K: 24.97µg (23.78%), Potassium: 724.69mg (20.71%), Vitamin B2: 0.31mg (18.28%), Iron: 3.01mg (16.72%), Calcium: 147.49mg (14.75%), Vitamin A: 677.61IU (13.55%), Magnesium: 49.12mg (12.28%), Manganese: 0.24mg (11.91%), Vitamin B1: 0.18mg (11.74%), Vitamin B5: 1.11mg (11.1%), Folate: 40.65µg (10.16%), Fiber: 2.5g (10%), Copper: 0.2mg (9.96%), Vitamin E: 0.94mg (6.25%), Vitamin D: 0.58µg (3.85%)