



Quick-Fix Cheeseburger Meatloaf

READY IN



55 min.

SERVINGS



55

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp grey poupon dijon mustard
- 1 lb ground beef lean
- 0.5 cup saltines crushed
- 0.8 cup cheddar cheese shredded kraft
- 0.3 cup heinz tomato ketchup

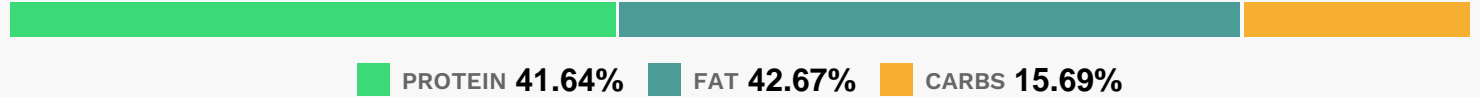
Equipment

- oven
- loaf pan

Directions

- Heat oven to 375F.
- Mix meat, cracker crumbs and mustard until well blended; press into 8x4-inch loaf pan.
- Bake 40 min. or until done (160F).
- Spread meatloaf with ketchup. Top with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1456521640977%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 21.68kcal (1.08%), Fat: 1.01g (1.56%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.25g (0.28%), Cholesterol: 6.65mg (2.22%), Sodium: 37.4mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin B12: 0.2µg (3.36%), Zinc: 0.49mg (3.24%), Selenium: 2.13µg (3.04%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 24.91mg (2.49%), Vitamin B6: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.49%), Iron: 0.25mg (1.37%), Calcium: 12.26mg (1.23%)