



Quick Meat Loaf

 Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 3 tablespoons breadcrumbs dry
- 0.5 teaspoon mustard dry
- 1 large eggs lightly beaten
- 2 teaspoons garlic minced
- 0.3 cup green onions chopped
- 1 pound ground sirloin

- 6 tablespoons catsup divided
- 0.1 teaspoon salt

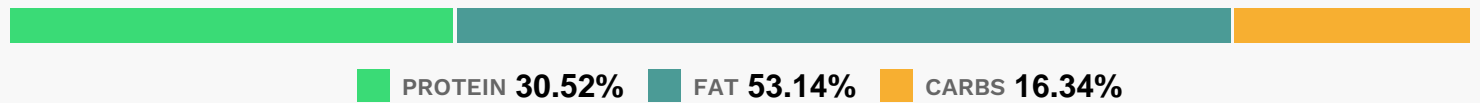
Equipment

- bowl
- oven
- broiler pan

Directions

- Preheat oven to 40
- Combine first 9 ingredients in a large bowl; add 1/4 cup ketchup.
- Mix beef mixture with hands just until combined. Shape beef mixture into a 9 x 4inch loaf on a broiler pan coated with cooking spray.
- Bake at 400 for 20 minutes.
- Brush top of meat loaf with remaining 2 tablespoons ketchup.
- Bake 7 additional minutes or until done. Slice loaf into 8 equal pieces.
- Wine note: A value-priced cabernet or merlot, like Crane Lake Cabernet Sauvignon 2005 (\$4), tends to be straightforward, lighter-bodied, and lower in tannins, ideal with the lean ground beef in this traditional baked meat loaf. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:14.722173846286%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 320.87kcal (16.04%), Fat: 18.75g (28.85%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.22g (4.44%), Sugar: 5.54g (6.16%), Cholesterol: 123.61mg (41.2%), Sodium: 427.93mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.47%), Vitamin B12: 2.6µg (43.3%), Zinc: 5.46mg (36.4%), Selenium: 24.62µg (35.17%), Vitamin B3: 6.18mg (30.91%), Phosphorus: 244.91mg (24.49%), Vitamin B6: 0.49mg (24.29%), Vitamin K: 20.31µg (19.34%), Vitamin B2: 0.31mg (18.08%), Iron: 3.24mg (17.98%), Potassium: 464.67mg (13.28%), Vitamin B1: 0.14mg (9.18%), Vitamin B5: 0.89mg (8.86%), Manganese: 0.17mg (8.44%), Magnesium: 31.43mg (7.86%), Folate: 28.57µg (7.14%), Copper: 0.14mg (6.96%), Vitamin E: 0.99mg (6.63%), Vitamin A: 303.97IU (6.08%), Calcium: 51.5mg (5.15%), Vitamin C: 2.98mg (3.61%), Fiber: 0.76g (3.04%), Vitamin D: 0.36µg (2.42%)