



## Rempel Family Meatloaf

READY IN



55 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup round buttery crackers crushed
- 1 ounce onion soup mix dry
- 2 eggs beaten
- 0.3 cup catsup
- 1.5 pounds ground beef lean
- 0.8 cup cheddar cheese shredded
- 2 tablespoons steak sauce

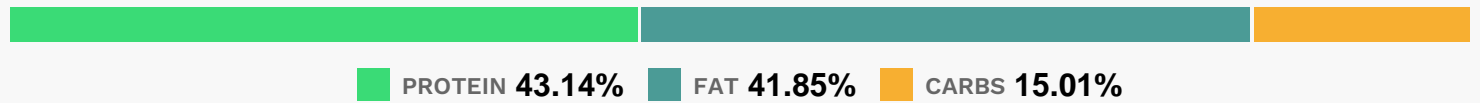
### Equipment

- bowl
- oven
- whisk
- loaf pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stir the ground beef, crushed crackers, Cheddar cheese, and onion soup mix in a large bowl until well combined.
- Whisk the eggs, ketchup, and steak sauce in a separate bowl until smooth.
- Mix the eggs into the meat until evenly combined, if the mixture seems too dry, add a little water. Press into a 9x5 inch loaf pan.
- Bake in preheated oven until the meatloaf reaches 160 degrees F (71 degrees C) and is no longer pink in the center, 45 to 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:15.655652269073%

## Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 287.25kcal (14.36%), Fat: 13.07g (20.1%), Saturated Fat: 6g (37.5%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 10.01g (3.64%), Sugar: 3.35g (3.72%), Cholesterol: 138.99mg (46.33%), Sodium: 784.81mg (34.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.6%), Vitamin B12: 2.82µg (47.01%), Zinc: 6.6mg (43.98%), Selenium: 28.81µg (41.15%), Phosphorus: 346.13mg (34.61%), Vitamin B3: 6.75mg (33.75%), Vitamin B6: 0.53mg (26.54%), Vitamin B2: 0.36mg (21.02%), Iron: 3.36mg (18.69%), Potassium: 507.19mg (14.49%), Calcium: 135.19mg (13.52%), Vitamin B5: 1.07mg (10.75%), Magnesium: 36.46mg (9.11%), Copper: 0.14mg (7.17%), Vitamin E: 0.96mg (6.41%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 287.49IU (5.75%), Folate: 20.43µg (5.11%), Manganese: 0.09mg (4.69%), Vitamin K: 3.7µg (3.52%), Vitamin D: 0.49µg (3.28%), Fiber: 0.53g (2.13%), Vitamin C: 0.91mg (1.1%)